

2021 USATF Iowa Association Youth Track & Field Championship - 6/19/2021 to 6

Cyclone Sports Complex
Performance List**Event 1 100 Meter Dash 8 & Under Girls**

Nat: 13.78 7/29/2018 **Bella-Marie Black**
Assn: 15.16 2004 **Teanna Lewis**

Lane	Name	Team	Seed Time
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Unassigned Region

1	21 Moline, Brooklyn	Unattached	16.00
2	25 Roach, Zariyah	QC Heat Trac	18.41
3	6 Edwards, Jordanna	Cedar Rapids	18.57
4	5 Cole, Layla	Turbo Track	18.67
5	8 Guillaume, Eleanor	Johnston Run	19.32
6	13 Johnson-Coleman, Jaya	Mississippi	20.07
7	10 Handley, Vachon	Verti-GO Tra	20.61
8	9 Guillaume, Gwyneth	Johnston Run	21.91
9	19 Mason, Elise	Cedar Rapids	22.24
10	1 Bailey, Micah	QC Heat Trac	22.42
11	23 Rabon, Sarai	Central Iowa	22.80
12	31 Williams, Tahlia	Unattached	23.00
13	3 Bierbaum, Maggie	Unattached	24.00
14	2 Bierbaum, Josie	Unattached	29.00
15	20 Middleton, Halle	DM Youth	NT
16	32 Winninger, Jewel	Unattached	NT
17	26 Tharp, Nahla	DM Youth	NT
18	18 Lickart, Ava	Iowa Flyers	NT
19	24 Ritchie, Nalah	Central Iowa	NT
20	29 Wells, Kamri	Mississippi	NT

Event 2 100 Meter Dash 8 & Under Boys

Nat: 13.65 7/24/2014 **Cameron Walker / Rhoan Kauld**
Assn: 14.63 2011 **Aaron Smith**

Lane	Name	Team	Seed Time
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1	53 Makinde, Giancarlo	Tiger Track	16.14
2	40 Buchan, Darian	Ankeny Track	17.32
3	59 Roach, Malcolm	QC Heat Trac	17.64
4	36 Alfstad, Loftan	I-Run	18.00
5	44 Dark, Miles	Tiger Track	18.24
6	47 Gaffney, Peter	Cedar Rapids	18.51
7	52 Ludwig, leo	Waukee Track	18.78
8	62 Vela, Axel	Central Iowa	19.73
9	45 Fagen, Jonah	Xlr8	NT
10	58 Rickert, Mason	Iowa Flyers	NT
11	50 Hejlik, Caden	Xlr8	NT
12	38 Bova, Ryka	Mississippi	NT
13	46 Foad, Cyrus	Mississippi	NT
14	55 Morgan-Clay, Terriq	Mississippi	NT

Event 3 100 Meter Dash 9-10 Yr Old Girls

Nat: 12.67 7/9/2017 **Payton Payne**
Assn: 14.09 1998 **Kaitlyn Peterson**

Lane	Name	Team	Seed Time
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1	84 Kyne, Martina	Verti-GO Tra	15.47
2	95 Soderholm, Jillian	Unattached	15.81
3	89 Richardson, Alasia	Mississippi	16.16
4	75 Braunschweig-Norris, I	Ankeny Track	16.44

5	90 Richardson, Linden	I-Run	16.81
6	85 LaBarre, Makenna	Waukee Track	16.85
7	72 Balashaitis, Gabriella	Turbo Track	17.50
8	73 Bollwinkel, Avery	Turbo Track	17.66
9	102 Wey, Reagan	Johnston Run	17.89
10	92 Shabazz, LeAira	Central Iowa	18.16
11	88 Peterson, Ashlyn	Deg Track Cl	18.22
12	100 VanDeer, Bailey	Unattached	18.28
13	97 Sydnor, Peyton	Mississippi	19.05
14	91 Shabazz, LaAuna	Central Iowa	19.55
15	79 Gibson, Kamrynn	I-Run	21.37
16	82 Herring, Daylea	Unattached	NT
17	96 Steen, KJ	Waukee Track	NT
18	101 Warme, Skylar	Iowa Flyers	NT
19	94 Smith, Kennedy	Tiger Track	NT
20	83 Katuin, Maddie	Tiger Track	NT
21	81 Heaberlin, Ruby	Ankeny Track	NT

Event 4 100 Meter Dash 9-10 Yr Old Boys

Nat: 11.69 6/5/2008 **Darian Trout**
Assn: 13.49 2007 **Matthew Goodwin**

Lane	Name	Team	Seed Time
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1	129 Ludwig, Walker	Waukee Track	14.47
2	113 Browne, Nigel	Mvp Track &	14.63
3	134 Owens, Trae	Central Iowa	14.66
4	121 Jackson, Taytum	Turbo Track	15.47
5	118 Habermann, Cruz	Waukee Track	15.50
6	131 McDonald, Kai	Cedar Rapids	15.54
7	128 Lofstedt, Griffin	Iowa Flyers	15.96
8	147 Vorm, Akryn	Unattached	16.00
9	115 Eichmeier, Boston	Turbo Track	16.30
10	140 Simonsen, Evan	Cedar Rapids	16.33
11	127 Lawrance, Cade	Tiger Track	16.65
12	126 Koepe, Colin	Turbo Track	17.21
13	112 Brock, Jaxson	Turbo Track	17.24
14	111 Beardsley, Kyler	Cedar Rapids	17.38
15	136 Schaaf, Andrew	Valley	17.88
16	135 Roach, Xavier	QC Heat Trac	18.29
17	125 Ketterl, Brandon	Waukee Track	18.37
18	139 Simmons, Chance	Central Iowa	18.72
19	109 Badillo, Isaac	Turbo Track	20.79
20	122 Johnson, Jabari	Unattached	NT
21	141 Stanley, Dempsey	Waukee Track	NT

Event 5 100 Meter Dash 11-12 Yr Old Girls

Nat: 12.10 7/31/1992 **Angela Williams**
Assn: 13.00 2005 **Allison McBroom**

Lane	Name	Team	Seed Time
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1	208 Weaver, Lilly	Waukee Track	14.08
2	173 Huether, Frankie	Turbo Track	14.17
3	160 Burke, Cooper	Waukee Track	14.26
4	170 Harn, Dyllan	Mississippi	14.78
5	158 Boone, Allison	Mississippi	14.93
6	175 Jackson, Teagan	Turbo Track	14.93

**2021 USATF Iowa Association Youth Track & Field Championship - 6/19/2021 to 6
Cyclone Sports Complex
Performance List**

Unassigned Region...(Event 5 100 Meter Dash 11-12 Yr Old Gi

7	159 Burclaw, Aubrie	Waukee Track	15.11
8	184 Mestdagh, Maya	Waukee Track	15.27
9	166 Erickson, Hadley	I-Run	15.34
10	186 Miller, Ni'Airea	Tiger Track	15.57
11	188 Nalls, Equoia	Central Iowa	16.00
12	205 Wagner, Reese	Turbo Track	16.19
13	185 Miller, Ja'Niyah	Tiger Track	16.39
14	155 Badillo, Mila	Turbo Track	16.61
15	203 VanDeer, Briley	Unattached	16.66
16	190 Peddicord, Siena	Ankeny Track	16.69
17	193 Seeman, Madden	Dcg Track Cl	16.77
18	171 Harrison, Olivia	QC Heat Trac	16.82
19	181 Marshall, Deja	Mississippi	17.33
20	165 Durham, Akeidrea	Tiger Track	17.41
21	157 Benseler, Reese	Waukee Track	18.12
22	199 Strunk, Reese	Unattached	18.50
23	211 wong, Ashley	Dcg Track Cl	18.84
24	196 Smith, Olivia	Waukee Track	18.94
25	163 Cotton, Annabelle	Mississippi	NT
26	194 Shabazz, Stasijah	Unattached	NT
27	191 Reggio, Aubri	Dcg Track Cl	NT
28	172 Hejlik, Natalie	Xlr8	NT
29	174 Jackson, Jaeden	Unattached	NT
30	177 Kjellberg, Danielle	I-Run	NT
31	198 Stout, Charlotte	Waukee Track	NT
32	204 Vanderheyden, Evelyn	Mississippi	NT
33	187 Muhammad, Suriah	Tiger Track	NT

Event 6 100 Meter Dash 11-12 Yr Old Boys

Nat: 11.64 7/26/2009 Bryce Love			
Assn: 12.40 1990 David Ferguson			
Lane	Name	Team	Seed Time
1	242 Ludwig, Griffin	Waukee Track	13.53
2	217 Bond, Jared	Ankeny Track	14.16
3	235 Hoppenworth, Gage	Johnston Run	14.68
4	226 Edwards, Jarin	Cedar Rapids	14.90
5	267 Soulinthavong, Jamar	Central Iowa	14.95
6	221 Cherney, CJ	Mississippi	15.02
7	257 O'Halloran, Benjamin	Pella Track	15.04
8	272 Vela, Dean	Central Iowa	15.12
9	250 Meyer, Jack	Waukee Track	15.14
10	253 Morehead, Jackson	Waukee Track	15.23
11	224 Deutsch, Jackson	Unattached	15.24
12	222 Cole, James	Turbo Track	15.52
13	261 Proesch, Liam	Ankeny Track	15.65
14	220 Chance, Liam	Waukee Track	15.78
15	263 Rosel, Ryan	Waukee Track	15.81
16	274 Winterscheidt, Drew	Tiger Track	16.13
17	245 Martinez, Chase	I-Run	16.34
18	255 Mutchler, Aaron	I-Run	17.36
19	236 Johnson-Coleman, Jai	Mississippi	17.64
20	216 Bermel, Evan	Valley	18.50
21	270 Thomas, Kayden	Central Iowa	NT
22	251 Middleton, Royce	DM Youth	NT
23	230 Hanfelt, Gavin	Ankeny Track	NT

24 273 Webb, Alexander Dcg Track Cl NT

Event 7 100 Meter Dash 13-14 Yr Old Girls

Nat: 11.59 7/29/2012 Kaylin Whitney			
Assn: 12.32 1990 Tashika Lewis			
Lane	Name	Team	Seed Time
1	335 Reitano, Olivia	Unattached	13.00
2	320 Maharry, Jana	Waukee Track	13.13
3	317 Kyne, Monah	Verti-GO Tra	13.62
4	285 Becker, Amari	Tiger Track	13.90
5	334 Rees, Jayden	Waukee Track	14.01
6	307 Helgeson, Selah	Unattached	14.20
7	284 Balashaitis, Alyssandr	Turbo Track	14.23
8	309 Hinke, Estelle	Waukee Track	14.33
9	342 Stahl, Katelyn	Waukee Track	14.50
10	340 Smith, Charlotte	Mississippi	14.83
11	330 Peterson, Hattie	Unattached	14.94
12	310 Hoger, Lilly	I-Run	15.12
13	315 Johnson, Allie	Mississippi	15.25
14	296 Farwell, Mya	Waukee Track	15.67
15	331 Powers, Hannah	Waukee Track	15.72
16	303 Harrison, Lauren	Waukee Track	16.32
17	313 Jackson, McKenzie	Turbo Track	17.66
18	302 Harrington, Rachael	Johnston Run	20.76
19	281 Aeschliman, Addison	Waukee Track	NT
20	339 Schmitz, Madalyn	Xlr8	NT
21	343 Stanley, Ella	Waukee Track	NT
22	299 Guild, Brooklyn	Cedar Rapids	NT
23	316 Kongshaug, Emilia	Johnston Run	NT
24	319 Leibfried, Tayla	Bellevue Ste	NT
25	344 Walker, Jo'Dawn	Mississippi	NT
26	324 Megonigle, Audrey	Waukee Track	NT
27	294 Dark, Reese	Tiger Track	NT
28	282 Allen, Rhett	Turbo Track	NT

Event 8 100 Meter Dash 13-14 Yr Old Boys

Nat: 10.73 7/9/2011 Bryce Love			
Assn: 11.24 1998 Jovan McGruder/Doug Miller			
Lane	Name	Team	Seed Time
1	400 Tate Jr., Brian	Turbo Track	12.30
2	393 Riley, Kaizer	Mississippi	12.86
3	378 Larson, Sawyer	Iowa Flyers	13.20
4	377 Labath, Sammy	Cedar Rapids	13.28
5	359 Boyle, Devin	Turbo Track	13.60
6	380 Ludwig, Blake	Waukee Track	13.74
7	367 Griffin, Drake	Tiger Track	13.90
8	389 Munford, Alonzo	Waukee Track	15.00
9	403 White, Parker	Ankeny Track	16.62
10	388 Mullens, Harrison	Unattached	NT
11	358 Bernstine, Xavier	Central Iowa	NT
12	405 DeGroot, TJ	Iowa Flyers	NT
13	366 Graf, Kaylor	Turbo Track	NT
14	385 Means, Owen	Waukee Track	NT
15	371 Hinrichs, Noah	Valley	NT

**2021 USATF Iowa Association Youth Track & Field Championship - 6/19/2021 to 6
Cyclone Sports Complex
Performance List**

Event 9 100 Meter Dash 15-16 Yr Old Girls

Nat: 11.34 7/28/1995 Angela Williams			
Assn: 12.11 1984 Lexie Anderson			
Lane	Name	Team	Seed Time
Unassigned Region...(Event 9 100 Meter Dash 15-16 Yr Old Gi			
1	416 Farrell, Claire	Mvp Track &	12.10
2	432 Kyne, Jessica	Verti-GO Tra	12.36
3	413 Dagele, Jaslynn	Unattached	12.65
4	409 Boord, Alexis	Tornado Trac	12.82
5	415 Elniel, May	Verti-GO Tra	13.00
6	431 Karnga, Kimberlin	Verti-GO Tra	13.23
7	447 Smith, Takira	Verti-GO Tra	13.35
8	407 Beisel, Makayla	Iowa Flyers	13.48
9	412 Conklin, Morgan	Ankeny Track	13.69
10	455 Wal, Deu	Verti-GO Tra	13.73
11	446 Smith, Lillian	Verti-GO Tra	13.92
12	427 Johannes, Keira	Tornado Trac	13.94
13	451 Tarphe, Gloria	Verti-GO Tra	14.26
14	426 Hudson, January	Verti-GO Tra	14.48
15	448 Strunk, Sydney	Unattached	14.58
16	420 Gaye, Blessing	Verti-GO Tra	14.63
17	441 Rabeh, Rosette	Verti-GO Tra	14.85
18	444 Rucker, Nevaeh	Mississippi	15.33
19	437 Ott, Breanna	Verti-GO Tra	NT
20	429 Johnson, Morgan	Verti-GO Tra	NT
21	456 Watts, Audrey	Mississippi	NT
22	425 Horras, Saylor	Xlr8	NT
23	411 Coleman, Amira	Unattached	NT
24	434 Merkley, Ellen	Boom	NT
25	445 Smith, Bridgette	Mississippi	NT
26	414 Desmond, Kate	Mvp Track &	NT
27	443 Rosendahl, Laila	Central Iowa	NT

Event 10 100 Meter Dash 15-16 Yr Old Boys

Nat: 10.49 7/26/2017 Kennedy Lightner			
Assn: 10.95 2002 Terry Gantt			
Lane	Name	Team	Seed Time
1	472 Fairchild, Logan	Turbo Track	11.42
2	488 Sickerson, Tyler	Turbo Track	11.69
3	485 Morehead, Hayden	Waukee Track	12.19
4	474 Henderson, JeVon	QC Heat Trac	12.30
5	466 Belding, Jack	Verti-GO Tra	12.48
6	482 Merfeld, Kayden	Verti-GO Tra	13.27
7	492 Vesey, Saviour	Mississippi	NT
8	475 Hinke, George	Waukee Track	NT
9	495 Clouser, Gavin	Iowa Flyers	NT
10	483 Mitchell, Quinn	Verti-GO Tra	NT
11	462 Allen, Manning	Turbo Track	NT

Event 11 100 Meter Dash 17-18 Yr Old Women

Nat: 11.1h 1980 Michelle Glover			
Assn: 12.08 2017 Keaton Kester			
Lane	Name	Team	Seed Time
1	518 LeClerc, Aleksyia	Cedar Rapids	13.57
2	523 Rice, Tristen	Unattached	14.26
3	509 Fields, Brianna	Unattached	15.44
4	526 Stafford, Autumn	Unattached	15.55
5	507 Engels, Morgan	Iowa Flyers	NT
6	519 Leibfried, Adessa	Bellevue Ste	NT
7	504 Carney, Mackenzie	Iowa Flyers	NT
8	521 Merkley, Lauren	Boom	NT
9	508 Even, Alexis	Boom	NT
10	517 Kur, Nyanas	Boom	NT
11	513 Heinitz, Ella	Boom	NT
12	505 Casteel, Allison	Unattached	NT

Event 12 100 Meter Dash 17-18 Yr Old Men

Nat: 10.08 6/27/2005 J-mee Samuel			
Assn: 10.62 2002 Demichole Deeds			
Lane	Name	Team	Seed Time
1	542 Daniel, Brigham	Unattached	10.75
2	545 Grover, Logan	I-Run	11.49
3	546 Hoffman, Carson	Unattached	11.51
4	560 Wiedman, Noel	Turbo Track	13.78
5	555 Scheckel, Myles	Cedar Rapids	19.27
6	556 Sickerson, Caleb	Turbo Track	NT
7	559 Whalen, Walker	I-Run	NT
8	551 Piper, Logan	Verti-GO Tra	NT
9	541 Curry, Samuel	Verti-GO Tra	NT
10	550 Nzibariza, Kudra	Boom	NT
11	558 Waller, Jacob	Bellevue Ste	NT
12	548 Klemme, Ethan	Bellevue Ste	NT
13	552 Pitts, Alex	Bellevue Ste	NT
14	543 Doran, Max	Mississippi	NT
15	553 Rosendahl, Ethan	Central Iowa	NT

Event 13 200 Meter Dash 8 & Under Girls

Nat: 28.21 7/28/2018 Kharisma Watkins			
Assn: 32.80 2004 Carson Jarrard			
Lane	Name	Team	Seed Time
1	21 Moline, Brooklyn	Unattached	36.00
2	25 Roach, Zariyah	QC Heat Trac	38.12
3	22 Obergfell, Reagan	Johnston Run	38.72
4	6 Edwards, Jordanna	Cedar Rapids	39.41
5	5 Cole, Layla	Turbo Track	40.42
6	8 Guillaume, Eleanor	Johnston Run	42.30
7	28 Tudor, Ellery	Tiger Track	42.93
8	13 Johnson-Coleman, Jaya	Mississippi	46.47
9	10 Handley, Vachon	Verti-GO Tra	47.57
10	31 Williams, Tahlia	Unattached	47.60
11	9 Guillaume, Gwyneth	Johnston Run	53.84

**2021 USATF Iowa Association Youth Track & Field Championship - 6/19/2021 to 6
Cyclone Sports Complex
Performance List**

Unassigned Region...(Event 13 200 Meter Dash 8 & Under Girl

12	23 Rabon, Sarai	Central Iowa	55.27
13	16 Lane, Cora	Dcg Track Cl	44:57.00
14	12 Jackson, Maecen	Unattached	NT
15	11 Hanfelt, Sloan	Ankeny Track	NT
16	26 Tharp, Nahla	DM Youth	NT
17	20 Middleton, Hallee	DM Youth	NT
18	24 Ritchie, Nalah	Central Iowa	NT
19	29 Wells, Kamri	Mississippi	NT
20	18 Lickart, Ava	Iowa Flyers	NT

Event 14 200 Meter Dash 8 & Under Boys

Nat: 27.32 7/28/2018 Aiden Opore			
Assn: 30.87 2005 Matthew Goodwin			
Lane	Name	Team	Seed Time
1	60 Sandersfeld, Quinlan	Johnston Run	35.41
2	59 Roach, Malcolm	QC Heat Trac	36.32
3	63 Wallace, Liam	Mississippi	36.62
4	40 Buchan, Darian	Ankeny Track	37.23
5	36 Alfstad, Loftan	I-Run	38.94
6	44 Dark, Miles	Tiger Track	39.94
7	62 Vela, Axel	Central Iowa	40.32
8	57 Naber, Isaac	Xlr8	NT
9	58 Rickert, Mason	Iowa Flyers	NT
10	50 Hejlik, Caden	Xlr8	NT
11	45 Fagen, Jonah	Xlr8	NT
12	53 Makinde, Giancarlo	Tiger Track	NT
13	38 Bova, Ryka	Mississippi	NT
14	52 ludwig, leo	Waukee Track	NT
15	39 Braet, Dalton	Bellevue Ste	NT

Event 15 200 Meter Dash 9-10 Yr Old Girls

Nat: 26.10 7/29/2017 Tarrianna Jackson/Elise Cooper			
Assn: 29.21 2015 Ke'Ayla Madison			
Lane	Name	Team	Seed Time
1	70 Anbukumar, Samanvi	Waukee Track	33.42
2	95 Soderholm, Jillian	Unattached	33.71
3	89 Richardson, Alasia	Mississippi	34.50
4	84 Kyne, Martina	Verti-GO Tra	34.58
5	102 Wey, Reagan	Johnston Run	34.70
6	90 Richardson, Linden	I-Run	35.22
7	73 Bollwinkel, Avery	Turbo Track	36.33
8	85 LaBarre, Makenna	Waukee Track	37.12
9	72 Balashaitis, Gabriella	Turbo Track	39.57
10	92 Shabazz, LeAira	Central Iowa	40.51
11	97 Sydnor, Peyton	Mississippi	42.00
12	91 Shabazz, LaAuna	Central Iowa	44.54
13	96 Steen, KJ	Waukee Track	NT
14	81 Heaberlin, Ruby	Ankeny Track	NT
15	101 Warne, Skylar	Iowa Flyers	NT
16	82 Herring, Daylea	Unattached	NT
17	94 Smith, Kennedy	Tiger Track	NT
18	78 Foad, Sarah	Mississippi	NT
19	88 Peterson, Ashlyn	Dcg Track Cl	NT
20	83 Katuin, Maddie	Tiger Track	NT

Event 16 200 Meter Dash 9-10 Yr Old Boys

Nat: 25.64 7/28/2018 Rhoan Kaulder II			
Assn: 27.30 2007 Matthew Goodwin			
Lane	Name	Team	Seed Time
1	134 Owens, Trae	Central Iowa	30.64
2	129 Ludwig, Walker	Waukee Track	31.44
3	121 Jackson, Taytum	Turbo Track	31.54
4	113 Browne, Nigel	Mvp Track &	33.60
5	118 Habermann, Cruz	Waukee Track	34.00
6	120 Jackson, Braylon	Central Iowa	34.21
7	127 Lawrance, Cade	Tiger Track	34.34
8	147 Vorm, Akryn	Unattached	35.00
9	115 Eichmeier, Boston	Turbo Track	35.02
10	126 Koeppel, Colin	Turbo Track	35.04
11	108 Asada, Rocco	Waukee Track	35.07
12	112 Brock, Jaxson	Turbo Track	36.74
13	133 Miller, Malik	Central Iowa	37.39
14	111 Beardsley, Kyler	Cedar Rapids	38.65
15	124 Kasparbauer, Wesley	Waukee Track	38.75
16	135 Roach, Xavier	QC Heat Trac	39.54
17	145 Trygstad, Joel	Valley	42.00
18	139 Simmons, Chance	Central Iowa	43.95
19	136 Schaaf, Andrew	Valley	38:22.00
20	128 Lofstedt, Griffin	Iowa Flyers	NT
21	141 Stanley, Dempsey	Waukee Track	NT
22	122 Johnson, Jabari	Unattached	NT
23	142 Stone, Emeric	Xlr8	NT
24	148 Whitmire, Jaxon	Johnston Run	NT
25	119 Harris, Chase	Dcg Track Cl	NT
26	125 Ketterl, Brandon	Waukee Track	NT
27	109 Badillo, Isaac	Turbo Track	NT

Event 17 200 Meter Dash 11-12 Yr Old Girls

Nat: 24.37 7/28/2018 Aadaejah Hodge			
Assn: 27.47 2002 Gretchen Lamar			
Lane	Name	Team	Seed Time
1	173 Huether, Frankie	Turbo Track	28.75
2	207 Watson, Taryn	Mississippi	29.68
3	208 Weaver, Lilly	Waukee Track	30.26
4	170 Harn, Dyllan	Mississippi	30.32
5	160 Burke, Cooper	Waukee Track	30.56
6	175 Jackson, Teagan	Turbo Track	30.68
7	166 Erickson, Hadley	I-Run	31.54
8	158 Boone, Allison	Mississippi	32.60
9	205 Wagner, Reese	Turbo Track	32.93
10	202 Van Keuren, Julia	Waukee Track	33.43
11	171 Harrison, Olivia	QC Heat Trac	34.42
12	190 Peddicord, Siena	Ankeny Track	35.10
13	155 Badillo, Mila	Turbo Track	35.50
14	188 Nalls, Equoia	Central Iowa	35.93
15	196 Smith, Olivia	Waukee Track	37.57
16	181 Marshall, Deja	Mississippi	37.60
17	211 wong, Ashley	Dcg Track Cl	38.15

**2021 USATF Iowa Association Youth Track & Field Championship - 6/19/2021 to 6
Cyclone Sports Complex
Performance List**

Unassigned Region...(Event 17 200 Meter Dash 11-12 Yr Old G

18	167 Etnyre, Clara	I-Run	41.53
19	194 Shabazz, Stasijah	Unattached	NT
20	176 Kasparbauer, Quinn	Waukee Track	NT
21	206 Warne, Emma	Iowa Flyers	NT
22	177 Kjellberg, Danielle	I-Run	NT
23	198 Stout, Charlotte	Waukee Track	NT
24	204 Vanderheyden, Evelyn	Mississippi	NT

Event 18 200 Meter Dash 11-12 Yr Old Boys

Nat: 23.34 7/27/2016 Thomas Williams II			
Assn: 25.06 1996 Jovon McGruder			
Lane	Name	Team	Seed Time
1	242 Ludwig, Griffin	Waukee Track	28.01
2	217 Bond, Jared	Ankeny Track	29.56
3	252 Miller, Logan	Waukee Track	30.15
4	250 Meyer, Jack	Waukee Track	30.84
5	224 Deutsch, Jackson	Unattached	31.24
6	226 Edwards, Jarin	Cedar Rapids	31.46
7	249 Merrick, Miguel	Central Iowa	31.49
8	267 Soulinthavong, Jamar	Central Iowa	31.56
9	272 Vela, Dean	Central Iowa	31.73
10	243 Lullmann, Gavin	I-Run	31.83
11	246 Martinez, Max	I-Run	32.14
12	222 Cole, James	Turbo Track	32.78
13	221 Cherney, CJ	Mississippi	33.07
14	258 Peterson Jr, Chris	Unattached	33.13
15	245 Martinez, Chase	I-Run	33.99
16	268 Stevenson Jr., Ryan	Central Iowa	34.58
17	261 Proesch, Liam	Ankeny Track	34.67
18	253 Morehead, Jackson	Waukee Track	34.71
19	236 Johnson-Coleman, Jai	Mississippi	34.80
20	274 Winterscheidt, Drew	Tiger Track	35.20
21	259 Pewe, Ethan	Johnston Run	35.45
22	232 Heeren, Rylan	Deg Track Cl	35.86
23	251 Middleton, Royce	DM Youth	NT
24	219 Braet, Davis	Bellevue Ste	NT
25	260 Pitts, Mason	Bellevue Ste	NT
26	220 Chance, Liam	Waukee Track	NT
27	263 Rosel, Ryan	Waukee Track	NT
28	270 Thomas, Kayden	Central Iowa	NT
29	273 Webb, Alexander	Deg Track Cl	NT

Event 19 200 Meter Dash 13-14 Yr Old Girls

Nat: 23.41 7/28/2012 Kaylin Whitney			
Assn: 25.77 2003 Kaaydah Nangle			
Lane	Name	Team	Seed Time
1	321 Manock, Jocelyn	Turbo Track	27.20
2	320 Maharry, Jana	Waukee Track	27.45
3	285 Becker, Amari	Tiger Track	27.90
4	341 Smith, Kendyl	QC Heat Trac	28.44
5	317 Kyne, Monah	Verti-GO Tra	28.86
6	307 Helgeson, Selah	Unattached	29.10
7	342 Stahl, Katelyn	Waukee Track	29.13
8	290 Buikema, Dayvane	QC Heat Trac	29.51

9	334 Rees, Jayden	Waukee Track	29.64
10	333 Ramirez, Micayla	QC Heat Trac	29.73
11	347 Wiley, Reese	Cedar Rapids	29.75
12	284 Balashaitis, Alyssandr	Turbo Track	29.79
13	335 Reitano, Olivia	Unattached	30.00
14	293 Carter, Tierney	Unattached	30.54
15	309 Hinke, Estelle	Waukee Track	30.64
16	346 Welch, Ella	Mississippi	30.76
17	304 Harrison, Stephanie	QC Heat Trac	30.87
18	330 Peterson, Hattie	Unattached	31.53
19	296 Farwell, Mya	Waukee Track	33.07
20	331 Powers, Hannah	Waukee Track	33.37
21	326 Mora, Julia	Deg Track Cl	37.20
22	332 Proesch, Sophia	Ankeny Track	41.84
23	302 Harrington, Rachael	Johnston Run	45.71
24	281 Aeschliman, Addison	Waukee Track	NT
25	312 Jackson, Kaelen	Unattached	NT
26	294 Dark, Reese	Tiger Track	NT
27	343 Stanley, Ella	Waukee Track	NT
28	318 Leibfried, Abriella	Bellevue Ste	NT
29	316 Kongshaug, Emilia	Johnston Run	NT
30	299 Guild, Brooklyn	Cedar Rapids	NT
31	339 Schmitz, Madalyn	Xlr8	NT
32	319 Leibfried, Tayla	Bellevue Ste	NT
33	311 Hoger, Paige	I-Run	NT
34	303 Harrison, Lauren	Waukee Track	NT
35	324 Megonigle, Audrey	Waukee Track	NT
36	313 Jackson, McKenzie	Turbo Track	NT
37	282 Allen, Rhett	Turbo Track	NT
38	344 Walker, Jo'Dawn	Mississippi	NT
39	345 Watts, Jaelyn	Mississippi	NT

Event 20 200 Meter Dash 13-14 Yr Old Boys

Nat: 21.77 7/30/2016 Ashton Allen			
Assn: 22.59 1998 Jovon McGruder			
Lane	Name	Team	Seed Time
1	400 Tate Jr., Brian	Turbo Track	25.10
2	393 Riley, Kaizer	Mississippi	27.24
3	377 Labath, Sammy	Cedar Rapids	27.35
4	378 Larson, Sawyer	Iowa Flyers	27.53
5	374 Jeter, Jayden	Waukee Track	28.36
6	359 Boyle, Devin	Turbo Track	28.84
7	367 Griffin, Drake	Tiger Track	29.97
8	373 Jean-Simon, Marcus	QC Heat Trac	30.72
9	385 Means, Owen	Waukee Track	32.60
10	389 Munford, Alonzo	Waukee Track	32.72
11	403 White, Parker	Ankeny Track	34.52
12	358 Bernstine, Xavier	Central Iowa	NT
13	379 Lembechwa, Travis	Waukee Track	NT
14	405 DeGroote, TJ	Iowa Flyers	NT
15	388 Mullens, Harrison	Unattached	NT
16	384 McMillan, Finley	Mississippi	NT
17	371 Hinrichs, Noah	Valley	NT
18	356 Baas, Trevor	Tiger Track	NT

**2021 USATF Iowa Association Youth Track & Field Championship - 6/19/2021 to 6
Cyclone Sports Complex
Performance List**

Event 21 200 Meter Dash 15-16 Yr Old Girls

Nat: 22.55 7/28/2018 Tamari Davis			
Assn: 24.79 1984 Lexie Anderson			
Lane	Name	Team	Seed Time
Unassigned Region...(Event 21 200 Meter Dash 15-16 Yr Old G			
1	416 Farrell, Claire	Mvp Track &	24.79
2	432 Kyne, Jessica	Verti-GO Tra	25.56
3	409 Boord, Alexis	Tornado Trac	25.66
4	413 Dage, Jaslynn	Unattached	26.00
5	449 Swartzendruber, Addi	Cedar Rapids	26.50
6	431 Karnga, Kimberlin	Verti-GO Tra	27.34
7	454 Wagner, Karli	Tornado Trac	27.51
8	415 Elniel, May	Verti-GO Tra	27.78
9	435 Murphy, Brenna	Tornado Trac	27.93
10	447 Smith, Takira	Verti-GO Tra	28.43
11	455 Wal, Deu	Verti-GO Tra	28.57
12	429 Johnson, Morgan	Verti-GO Tra	29.04
13	446 Smith, Lillian	Verti-GO Tra	29.18
14	412 Conklin, Morgan	Ankeny Track	29.25
15	437 Ott, Breanna	Verti-GO Tra	29.73
16	419 Fritz, Miah	Verti-GO Tra	30.07
17	448 Strunk, Sydney	Unattached	30.38
18	451 Tarpeh, Gloria	Verti-GO Tra	30.38
19	441 Rabeh, Rosette	Verti-GO Tra	31.43
20	426 Hudson, January	Verti-GO Tra	32.15
21	422 Harrison, Elizabeth	QC Heat Trac	32.32
22	438 Pantini, Emma	Unattached	32.78
23	456 Watts, Audrey	Mississippi	33.19
24	444 Rucker, Nevaeh	Mississippi	34.87
25	411 Coleman, Amira	Unattached	NT
26	425 Horras, Saylor	Xlr8	NT
27	443 Rosendahl, Laila	Central Iowa	NT
28	434 Merkley, Ellen	Boom	NT

Event 22 200 Meter Dash 15-16 Yr Old Boys

Nat: 20.85 7/28/2018 Sean Burrell			
Assn: 22.19 2002 Terry Gantt			
Lane	Name	Team	Seed Time
1	472 Fairchild, Logan	Turbo Track	23.14
2	480 Lucas, Eric	Iowa Speed T	24.40
3	488 Sickerson, Tyler	Turbo Track	24.47
4	485 Morehead, Hayden	Waukee Track	25.00
5	487 Rucker, Deshawn	Mississippi	25.83
6	474 Henderson, JeVon	QC Heat Trac	26.35
7	482 Merfeld, Kayden	Verti-GO Tra	27.09
8	492 Vesey, Saviour	Mississippi	NT
9	475 Hinke, George	Waukee Track	NT
10	495 Clouser, Gavin	Iowa Flyers	NT
11	479 Koerselman, Lucas	Verti-GO Tra	NT
12	466 Belding, Jack	Verti-GO Tra	NT
13	483 Mitchell, Quinn	Verti-GO Tra	NT

Event 23 200 Meter Dash 17-18 Yr Old Women

Nat: 23.24 7/26/2007 Victoria Jordan			
Assn: 24.56 2017 Keaton Kester			
Lane	Name	Team	Seed Time
1	515 Johnson, Brooklyn	QC Heat Trac	26.67
2	532 Woody, Isabelle	Iowa Speed T	27.90
3	518 LeClere, Aleksyia	Cedar Rapids	29.04
4	523 Rice, Tristen	Unattached	29.55
5	509 Fields, Brianna	Unattached	29.64
6	526 Stafford, Autumn	Unattached	31.89
7	512 Harrison, Hannah	QC Heat Trac	32.44
8	529 Williams, Lillia	Unattached	NT
9	519 Leibfried, Adessa	Bellevue Ste	NT
10	513 Heinitz, Ella	Boom	NT
11	505 Casteel, Allison	Unattached	NT
12	508 Even, Alexis	Boom	NT
13	521 Merkley, Lauren	Boom	NT
14	517 Kur, Nyanas	Boom	NT

Event 24 200 Meter Dash 17-18 Yr Old Men

Nat: 20.50 7/25/1987 Quincy Watts			
Assn: 21.54 2002 Demichole Deeds			
Lane	Name	Team	Seed Time
1	542 Daniel, Brigham	Unattached	22.05
2	544 Emanuel, Kaden	Unattached	22.50
3	545 Grover, Logan	I-Run	23.22
4	547 Jensen, Carson	Unattached	23.50
5	546 Hoffman, Carson	Unattached	24.01
6	555 Scheckel, Myles	Cedar Rapids	41.55
7	556 Sickerson, Caleb	Turbo Track	NT
8	551 Piper, Logan	Verti-GO Tra	NT
9	541 Curry, Samuel	Verti-GO Tra	NT
10	550 Nzibariza, Kudra	Boom	NT
11	558 Waller, Jacob	Bellevue Ste	NT
12	560 Wiedman, Noel	Turbo Track	NT
13	543 Doran, Max	Mississippi	NT
14	548 Klemme, Ethan	Bellevue Ste	NT

Event 25 400 Meter Dash 8 & Under Girls

Nat: 1:06.10 7/30/2016 Olivia Harris			
Assn: 1:13.42 2013 Ke'Ayla Madison			
Lane	Name	Team	Seed Time
1	14 Jones, Addelynn	Johnston Run	1:23.10
2	4 Borner, Alexa	I-Run	1:28.90
3	22 Obergfell, Reagan	Johnston Run	1:31.04
4	16 Lane, Cora	Deg Track Cl	1:32.10
5	8 Guillaume, Eleanor	Johnston Run	1:32.38
6	28 Tudor, Ellery	Tiger Track	1:35.59
7	19 Mason, Elise	Cedar Rapids	1:46.71
8	23 Rabon, Sarai	Central Iowa	1:49.80
9	3 Bierbaum, Maggie	Unattached	1:51.00
10	31 Williams, Tahlia	Unattached	1:51.00

**2021 USATF Iowa Association Youth Track & Field Championship - 6/19/2021 to 6
Cyclone Sports Complex
Performance List**

Unassigned Region...(Event 25 400 Meter Dash 8 & Under Girl

11	32 Winninger, Jewel	Unattached	1:59.26
12	12 Jackson, Maecen	Unattached	NT
13	5 Cole, Layla	Turbo Track	NT
14	20 Middleton, Hallee	DM Youth	NT
15	27 Tilus, Skylar	Xlr8	NT
16	18 Lickart, Ava	Iowa Flyers	NT
17	24 Ritchie, Nalah	Central Iowa	NT
18	7 Griebel, Harper	Bellevue Ste	NT
19	11 Hanfelt, Sloan	Ankeny Track	NT

Event 26 400 Meter Dash 8 & Under Boys

Nat: 1:02.48 7/29/2018 Prentice Jones Jr
Assn: 1:10.16 2015 Preston Stensland

Lane Name	Team	Seed Time
1	61 Stervermer, Erickson	Iowa Flyers 1:21.00
2	60 Sandersfeld, Quinlan	Johnston Run 1:21.59
3	53 Makinde, Giancarlo	Tiger Track 1:23.14
4	62 Vela, Axel	Central Iowa 1:29.53
5	44 Dark, Miles	Tiger Track 1:30.26
6	58 Rickert, Mason	Iowa Flyers 1:34.00
7	55 Morgan-Clay, Terriq	Mississippi NT
8	50 Hejlik, Caden	Xlr8 NT
9	57 Naber, Isaac	Xlr8 NT
10	49 Griebel, Gentry	Bellevue Ste NT
11	39 Braet, Dalton	Bellevue Ste NT
12	48 Griebel, Brooks	Bellevue Ste NT
13	51 Lee, Carter	Central Iowa NT
14	46 Foad, Cyrus	Mississippi NT

Event 27 400 Meter Dash 9-10 Yr Old Girls

Nat: 58.97 7/29/2018 Sianni Wynn
Assn: 1:05.28 2015 Ke'Ayla Madison

Lane Name	Team	Seed Time
1	80 Hanson, Bailey	Waukee Track 1:14.12
2	70 Anbukumar, Samanvi	Waukee Track 1:15.37
3	74 Brandt, Addyson	Valley 1:17.00
4	95 Soderholm, Jillian	Unattached 1:17.22
5	75 Braunschweig-Norris, I	Ankeny Track 1:17.26
6	85 LaBarre, Makenna	Waukee Track 1:22.70
7	77 Davidson, Elaine	Johnston Run 1:25.91
8	92 Shabazz, LeAira	Central Iowa 1:35.14
9	76 Burrows, Raegan	I-Run 1:36.10
10	88 Peterson, Ashlyn	Dcg Track Cl 1:38.17
11	101 Warme, Skylar	Iowa Flyers 1:39.00
12	91 Shabazz, LaAuna	Central Iowa 1:41.30
13	94 Smith, Kennedy	Tiger Track NT
14	96 Steen, KJ	Waukee Track NT

Event 28 400 Meter Dash 9-10 Yr Old Boys

Nat: 58.31 7/9/2017 Brandon Leacock
Assn: 1:05.12 2013 Aaron Smith

Lane Name	Team	Seed Time
1	137 Scheckel, Cyrus	Cedar Rapids 1:09.11

2	134 Owens, Trae	Central Iowa 1:09.87
3	113 Browne, Nigel	Mvp Track & 1:13.00
4	127 Lawrance, Cade	Tiger Track 1:13.83
5	115 Eichmeier, Boston	Turbo Track 1:16.89
6	119 Harris, Chase	Dcg Track Cl 1:20.99
7	123 Kanis, Grayson	Pella Track 1:21.04
8	133 Miller, Malik	Central Iowa 1:22.83
9	114 Duncan, Henry	Iowa Flyers 1:23.00
10	112 Brock, Jaxson	Turbo Track 1:23.60
11	145 Trygstad, Joel	Valley 1:25.00
12	143 Tenges, Bentley	I-Run 1:26.76
13	139 Simmons, Chance	Central Iowa 1:34.03
14	126 Koepp, Colin	Turbo Track NT
15	132 McMahon, Griffin	Valley NT
16	149 Willis, Nile	Dcg Track Cl NT
17	138 Simmons, Aydrian	Johnston Run NT

Event 29 400 Meter Dash 11-12 Yr Old Girls

Nat: 54.73 7/2/2006 Robin Reynolds
Assn: 1:02.03 2006 Alex Armitage

Lane Name	Team	Seed Time
1	207 Watson, Taryn	Mississippi 1:05.62
2	191 Reggio, Aubri	Dcg Track Cl 1:09.97
3	178 Klingensmith, Trinity	Ankeny Track 1:15.61
4	206 Warme, Emma	Iowa Flyers 1:16.00
5	156 Bailey, Naomi	QC Heat Trac 1:19.34
6	161 Cavan, Genevieve	Waukee Track 1:19.39
7	183 Messerly, Madison	Dcg Track Cl 1:20.45
8	201 Tudor, Mara	Tiger Track 1:25.35
9	188 Nalls, Equoia	Central Iowa 1:27.76
10	164 Davidson, Bailey	Waukee Track NT
11	172 Hejlik, Natalie	Xlr8 NT
12	174 Jackson, Jaeden	Unattached NT

Event 30 400 Meter Dash 11-12 Yr Old Boys

Nat: 50.75 8/2/2009 Bryce Love
Assn: 56.52 2009 Joe Gorschce

Lane Name	Team	Seed Time
1	240 Lee IV, Frank	Central Iowa 1:04.90
2	243 Lullmann, Gavin	I-Run 1:09.14
3	249 Merrick, Miguel	Central Iowa 1:10.06
4	237 Kanis, Zander	Pella Track 1:10.14
5	252 Miller, Logan	Waukee Track 1:10.28
6	272 Vela, Dean	Central Iowa 1:10.35
7	246 Martinez, Max	I-Run 1:11.49
8	221 Cherney, CJ	Mississippi 1:12.62
9	258 Peterson Jr, Chris	Unattached 1:13.54
10	271 Vance, Austin	Iowa Flyers 1:13.97
11	232 Heeren, Rylan	Dcg Track Cl 1:14.33
12	268 Stevenson Jr., Ryan	Central Iowa 1:14.57
13	247 McDermott, Anthony	Dcg Track Cl 1:18.00
14	253 Morehead, Jackson	Waukee Track 1:20.80
15	274 Winterscheidt, Drew	Tiger Track 1:24.05
16	270 Thomas, Kayden	Central Iowa NT

2021 USATF Iowa Association Youth Track & Field Championship - 6/19/2021 to 6

Cyclone Sports Complex
Performance List**Unassigned Region...(Event 30 400 Meter Dash 11-12 Yr Old B**

17	222 Cole, James	Turbo Track	NT
18	251 Middleton, Royce	DM Youth	NT
19	219 Braet, Davis	Bellevue Ste	NT
20	259 Pewe, Ethan	Johnston Run	NT
21	260 Pitts, Mason	Bellevue Ste	NT

Event 31 400 Meter Dash 13-14 Yr Old Girls

Nat: 52.54 7/30/2017 Kayla Davis
Assn: 59.38 2018 Nyla Norman

Lane	Name	Team	Seed Time
1	308 Herring, Jaylin	Unattached	58.00
2	321 Manock, Jocelyn	Turbo Track	1:02.50
3	341 Smith, Kendyl	QC Heat Trac	1:04.45
4	289 Buckley, Lilly	Ankeny Track	1:05.50
5	347 Wiley, Reese	Cedar Rapids	1:05.92
6	334 Rees, Jayden	Waukee Track	1:07.58
7	286 Braunschweig-Norris,	Ankeny Track	1:09.20
8	350 Worley, Emma	Waukee Track	1:09.73
9	351 Wu, Grace	Iowa Flyers	1:10.54
10	340 Smith, Charlotte	Mississippi	1:11.00
11	346 Welch, Ella	Mississippi	1:11.07
12	335 Reitano, Olivia	Unattached	1:12.00
13	301 Hannah, CJ	Unattached	1:13.00
14	345 Watts, Jaelyn	Mississippi	1:15.67
15	326 Mora, Julia	Deg Track Cl	1:20.81
16	332 Proesch, Sophia	Ankeny Track	1:32.02
17	322 McMahon, Marley	Valley	NT
18	299 Guild, Brooklyn	Cedar Rapids	NT
19	281 Aeschliman, Addison	Waukee Track	NT
20	318 Leibfried, Abriella	Bellevue Ste	NT
21	339 Schmitz, Madalyn	Xlr8	NT
22	311 Hoger, Paige	I-Run	NT
23	290 Buikema, Dayvancee	QC Heat Trac	NT
24	288 Buchan, Marlee	Ankeny Track	NT
25	292 Buske, Addison	Waukee Track	NT
26	294 Dark, Reese	Tiger Track	NT

Event 32 400 Meter Dash 13-14 Yr Old Boys

Nat: 47.16 8/1/1993 W.Obea Moore
Assn: 53.03 2011 Joe Gorsche

Lane	Name	Team	Seed Time
1	400 Tate Jr., Brian	Turbo Track	58.11
2	377 Labath, Sammy	Cedar Rapids	1:00.21
3	374 Jeter, Jayden	Waukee Track	1:00.63
4	388 Mullens, Harrison	Unattached	1:01.00
5	361 Brown, Zachary	Mississippi	1:01.05
6	392 Richards, Tyler	Mississippi	1:01.19
7	360 Braunschweig-Norris,	Ankeny Track	1:01.22
8	395 Scheckel, Ryker	Cedar Rapids	1:05.66
9	367 Griffin, Drake	Tiger Track	1:09.12
10	398 Stahl, Brandon	Waukee Track	1:09.34
11	372 Hoskins, Carter	Valley	1:10.13
12	403 White, Parker	Ankeny Track	1:21.25
13	356 Baas, Trevor	Tiger Track	NT

14	379 Lembechwa, Travis	Waukee Track	NT
15	384 McMillan, Finley	Mississippi	NT
16	376 Kunze, Kaiden	Verti-GO Tra	NT

Event 33 400 Meter Dash 15-16 Yr Old Girls

Nat: 52.11 7/29/2001 Stephanie Smith
Assn: 58.69 2007 Ellen Dougherty

Lane	Name	Team	Seed Time
1	416 Farrell, Claire	Mvp Track &	56.48
2	413 Dagele, Jaslynn	Unattached	1:00.00
3	449 Swartzendruber, Addi:	Cedar Rapids	1:00.35
4	429 Johnson, Morgan	Verti-GO Tra	1:01.00
5	450 Swartzendruber, Sidnc	Cedar Rapids	1:01.35
6	407 Beisel, Makayla	Iowa Flyers	1:01.99
7	454 Wagner, Karli	Tornado Trac	1:02.09
8	456 Watts, Audrey	Mississippi	1:12.48
9	422 Harrison, Elizabeth	QC Heat Trac	1:13.16
10	444 Rucker, Nevach	Mississippi	1:27.97
11	425 Horras, Saylor	Xlr8	NT
12	414 Desmond, Kate	Mvp Track &	NT
13	443 Rosendahl, Laila	Central Iowa	NT

Event 34 400 Meter Dash 15-16 Yr Old Boys

Nat: 45.99 7/25/1995 W Obea Moore
Assn: 49.92 2005 Aaron Stockstell

Lane	Name	Team	Seed Time
1	472 Fairchild, Logan	Turbo Track	52.17
2	489 Squires, Abel	Turbo Track	53.41
3	485 Morehead, Hayden	Waukee Track	55.80
4	481 Malloy, Rylan	Central Iowa	56.61
5	474 Henderson, JeVon	QC Heat Trac	57.22
6	487 Rucker, Deshawn	Mississippi	57.87
7	494 Woods, Cael	Ankeny Track	58.75
8	492 Vesey, Saviour	Mississippi	NT
9	495 Clouser, Gavin	Iowa Flyers	NT
10	479 Koerselman, Lucas	Verti-GO Tra	NT
11	475 Hinke, George	Waukee Track	NT

Event 35 400 Meter Dash 17-18 Yr Old Women

Nat: 51.31 7/27/2000 Monique Henderson
Assn: 57.07 2013 Kaley Ciluffo

Lane	Name	Team	Seed Time
1	502 Bock, Emma	Unattached	57.80
2	515 Johnson, Brooklyn	QC Heat Trac	1:00.12
3	504 Carney, Mackenzie	Iowa Flyers	1:00.21
4	503 Brown, Olivia	QC Heat Trac	1:09.86
5	519 Leibfried, Adessa	Bellevue Ste	NT

**2021 USATF Iowa Association Youth Track & Field Championship - 6/19/2021 to 6
Cyclone Sports Complex
Performance List**

Event 36 400 Meter Dash 17-18 Yr Old Men

Nat: 45.56 7/6/1996 William Obea Moore
Assn: 49.16 2011 Kaleb Van Cleave

Lane Name	Team	Seed Time
Unassigned Region...(Event 36 400 Meter Dash 17-18 Yr Old M		
1 557 Smith, Aaron	Unattached	49.29
2 544 Emanuel, Kaden	Unattached	50.50
3 547 Jensen, Carson	Unattached	50.80
4 548 Klemme, Ethan	Bellevue Ste	NT
5 558 Waller, Jacob	Bellevue Ste	NT

Event 37 800 Meter Run 8 & Under Girls

Nat: 2:38.11 7/30/2016 Yamilet Lopez
Assn: 2:49.80 2019 Sarah Foad

Lane Name	Team	Seed Time
1 14 Jones, Addelynn	Johnston Run	3:16.51
2 4 Borner, Alexa	I-Run	3:18.45
3 22 Obergfell, Reagan	Johnston Run	3:49.23
4 17 Larsen, Avrey	Dcg Track Cl	3:58.37
5 32 Winninger, Jewel	Unattached	4:19.95
6 27 Tilus, Skylar	Xlr8	NT
7 28 Tudor, Ellery	Tiger Track	NT

Event 38 800 Meter Run 8 & Under Boys

Nat: 2:28.59 7/29/2017 Grant Reynolds
Assn: 2:41.14 2015 Preston Stensland

Lane Name	Team	Seed Time
1 60 Sandersfeld, Quinlan	Johnston Run	3:08.75
2 61 Stervermer, Erickson	Iowa Flyers	3:15.00
3 43 Cole, Zaden	Unattached	3:30.64
4 64 Whitmire, Easton	Johnston Run	3:44.69
5 57 Naber, Isaac	Xlr8	NT
6 48 Griebel, Brooks	Bellevue Ste	NT
7 49 Griebel, Gentry	Bellevue Ste	NT

Event 39 800 Meter Run 9-10 Yr Old Girls

Nat: 2:21.00 7/3/2010 Kennedy Simon
Assn: 2:37.48 2014 Ke'Ayla Madison

Lane Name	Team	Seed Time
1 78 Foad, Sarah	Mississippi	2:46.83
2 80 Hanson, Bailey	Waukee Track	2:56.13
3 99 Tudor, Sophia	Tiger Track	3:18.79
4 77 Davidson, Elaine	Johnston Run	3:27.84
5 98 Tudor, Amelia	Tiger Track	3:32.90

Event 40 800 Meter Run 9-10 Yr Old Boys

Nat: 2:18.51 7/29/2017 Brandon Leacock
Assn: 2:26.61 2016 Preston Stensland

Lane Name	Team	Seed Time
1 148 Whitmire, Jaxon	Johnston Run	2:41.99
2 110 Barney, Cole	Waukee Track	2:47.03

3 116 Greenwood, Marcus	Unattached	2:48.00
4 117 Groteluschen, Ezra	Cedar Rapids	2:48.00
5 137 Scheckel, Cyrus	Cedar Rapids	2:49.21
6 114 Duncan, Henry	Iowa Flyers	3:10.00
7 145 Trygstad, Joel	Valley	3:24.24
8 124 Kasparbauer, Wesley	Waukee Track	3:33.55
9 144 Tilus, Corbin	Xlr8	NT
10 142 Stone, Emeric	Xlr8	NT
11 149 Willis, Nile	Dcg Track Cl	NT
12 146 Turk, Levi	Iowa Flyers	NT
13 136 Schaaf, Andrew	Valley	NT

Event 41 800 Meter Run 11-12 Yr Old Girls

Nat: 2:13.12 7/26/2008 Raevyn Rogers
Assn: 2:22.33 2004 Katie Flood

Lane Name	Team	Seed Time
1 207 Watson, Taryn	Mississippi	2:40.55
2 197 Stanley, Emma	Iowa Flyers	2:44.82
3 168 Groteluschen, Harper	Cedar Rapids	2:47.12
4 166 Erickson, Hadley	I-Run	2:57.50
5 200 Tenges, Rylee	I-Run	2:58.00
6 180 Lane, Adeline	Dcg Track Cl	2:59.14
7 206 Warme, Emma	Iowa Flyers	3:05.00
8 183 Messerly, Madison	Dcg Track Cl	3:09.64
9 172 Hejlik, Natalie	Xlr8	NT

Event 42 800 Meter Run 11-12 Yr Old Boys

Nat: 2:05.42 7/26/2014 Brandon Miller
Assn: 2:15.10 2009 Joe Gorshee

Lane Name	Team	Seed Time
1 241 Lillie, Evan	Unattached	2:22.00
2 223 Davidson, Noah	Johnston Run	2:35.95
3 243 Lullmann, Gavin	I-Run	2:42.54
4 247 McDermott, Anthony	Dcg Track Cl	2:45.00
5 225 Ebersole, Jonah	Pella Track	2:46.60
6 271 Vance, Austin	Iowa Flyers	2:47.85
7 232 Heeren, Rylan	Dcg Track Cl	2:54.10
8 265 Schendel, Tyson	Waukee Track	2:57.28
9 268 Stevenson Jr., Ryan	Central Iowa	2:59.96
10 219 Braet, Davis	Bellevue Ste	NT
11 256 Naber, Steve	Xlr8	NT
12 218 Borner, Tyler	I-Run	NT
13 240 Lee IV, Frank	Central Iowa	NT

Event 43 800 Meter Run 13-14 Yr Old Girls

Nat: 2:06.90 7/4/2009 Raevyn Rogers
Assn: 2:16.06 2006 Ellen Dougherty

Lane Name	Team	Seed Time
1 325 Messerly, Piper	Dcg Track Cl	2:36.67
2 301 Hannah, CJ	Unattached	2:45.00
3 350 Worley, Emma	Waukee Track	2:45.91
4 293 Carter, Tierney	Unattached	2:46.00
5 333 Ramirez, Micayla	QC Heat Trac	2:49.38

2021 USATF Iowa Association Youth Track & Field Championship - 6/19/2021 to 6

Cyclone Sports Complex
Performance List**Unassigned Region...(Event 43 800 Meter Run 13-14 Yr Old Gi**

6	286 Braunschweig-Norris,	Ankeny Track	2:57.33
7	351 Wu, Grace	Iowa Flyers	2:58.55
8	322 McMahon, Marley	Valley	3:04.48
9	314 James, Noelle	Waukee Track	3:08.20
10	292 Buske, Addison	Waukee Track	NT

Event 44 800 Meter Run 13-14 Yr Old Boys

Nat: 1:55.00 7/30/2016 Erick Steward
Assn: 2:05.33 2011 Joe Gorsche

Lane Name	Team	Seed Time
1	386 Merrick, Jaden	Unattached 2:12.00
2	396 Smith, Isaiah	Ankeny Track 2:25.64
3	395 Scheckel, Ryker	Cedar Rapids 2:30.28
4	360 Braunschweig-Norris,	Ankeny Track 2:30.73
5	364 Gattton Jr., Adam	Johnston Run 2:32.03
6	392 Richards, Tyler	Mississippi 2:34.94
7	370 Harrison Anguiano, O	Unattached 2:39.00
8	404 Whitmire, Hudson	Johnston Run 2:42.21
9	372 Hoskins, Carter	Valley 2:44.24
10	398 Stahl, Brandon	Waukee Track 2:51.41
11	394 Sanchez, Cameron	Waukee Track NT
12	399 Stensland, Preston	Xlr8 NT
13	384 McMillan, Finley	Mississippi NT

Event 45 800 Meter Run 15-16 Yr Old Girls

Nat: 2:04.83 7/26/2008 Philis Francis
Assn: 2:15.27 2012 Kaley Ciluffo

Lane Name	Team	Seed Time
1	450 Swartzendruber, Sidne	Cedar Rapids 2:29.00
2	439 Pewe, Marissa	Johnston Run 2:33.86
3	438 Pantini, Emma	Unattached 2:50.67
4	456 Watts, Audrey	Mississippi 3:16.71
5	421 Gonzalez, Kaiya	Central Iowa NT
6	425 Horras, Saylor	Xlr8 NT
7	423 Helmers, Claire	Iowa Flyers NT
8	410 Braet, Hannah	Bellevue Ste NT

Event 46 800 Meter Run 15-16 Yr Old Boys

Nat: 1:50.51 7/28/2007 Howard Shepard
Assn: 1:58.55 2002 Mat Clark

Lane Name	Team	Seed Time
1	468 Briley, Brandon	Unattached 2:05.74
2	489 Squires, Abel	Turbo Track 2:07.45
3	472 Fairchild, Logan	Turbo Track 2:15.00
4	467 Blakeslee, Bennett	Ankeny Track 2:24.43
5	487 Rucker, Deshawn	Mississippi 2:26.50
6	484 Mora, Sam	Deg Track Cl 2:30.00
7	464 Andersen, Caden	Unattached NT
8	473 Griebel, Payton	Bellevue Ste NT

Event 47 800 Meter Run 17-18 Yr Old Women

Nat: 2:05.27 7/24/2005 Sarah Bowman
Assn: 2:11.81 2013 Kaley Ciluffo

Lane Name	Team	Seed Time
1	502 Bock, Emma	Unattached 2:14.91
2	507 Engels, Morgan	Iowa Flyers 2:25.00
3	514 Johnson, Adeline	Unattached 2:26.00
4	509 Fields, Brianna	Unattached 2:48.78

Event 48 800 Meter Run 17-18 Yr Old Men

Nat: 1:49.49 7/27/1999 Nick Davenport
Assn: 1:56.14 2006 Aaron Stockstell

Lane Name	Team	Seed Time
1	549 Morrison, Ty	Unattached 2:10.72
2	554 Runyan, Jackson	I-Run NT

Event 49 1500 Meter Run 8 & Under Girls

Nat: 5:14.72 7/29/2018 Yasmin Lopez
Assn: 5:46.60 2019 Sarah Foad

Lane Name	Team	Seed Time
1	17 Larsen, Avrey	Deg Track Cl 7:40.58

Event 50 1500 Meter Run 8 & Under Boys

Nat: 5:08.52 8/2/2015 Daniel Skanders
Assn: 5:40.75 2019 Jaxon Whitmire

Lane Name	Team	Seed Time
1	61 Stervermer, Erickson	Iowa Flyers 6:20.00
2	43 Cole, Zaden	Unattached 6:47.50
3	64 Whitmire, Easton	Johnston Run 7:19.69

Event 51 1500 Meter Run 9-10 Yr Old Girls

Nat: 4:50.97 7/5/2009 Daesha Rogers
Assn: 5:24.40 2002 Katie Flood

Lane Name	Team	Seed Time
1	78 Foad, Sarah	Mississippi 5:32.38
2	99 Tudor, Sophia	Tiger Track 6:51.89
3	98 Tudor, Amelia	Tiger Track 6:54.05

Event 52 1500 Meter Run 9-10 Yr Old Boys

Nat: 4:38.63 7/30/2017 Daniel Skandera
Assn: 4:58.90 2017 Preston Stensland

Lane Name	Team	Seed Time
1	148 Whitmire, Jaxon	Johnston Run 5:16.81
2	116 Greenwood, Marcus	Unattached 5:33.00
3	146 Turk, Levi	Iowa Flyers 5:43.81
4	137 Scheckel, Cyrus	Cedar Rapids 5:45.55
5	110 Barney, Cole	Waukee Track 5:52.14
6	114 Duncan, Henry	Iowa Flyers 6:40.00
7	130 Mahnesmith, Cooper	Tiger Track NT

**2021 USATF Iowa Association Youth Track & Field Championship - 6/19/2021 to 6
Cyclone Sports Complex
Performance List**

Unassigned Region...(Event 52 1500 Meter Run 9-10 Yr Old Bc

8	144 Tilus, Corbin	Xlr8	NT
9	149 Willis, Nile	Dcg Track Cl	NT

Event 53 1500 Meter Run 11-12 Yr Old Girls

Nat: 4:41.62 7/31/2005 Claudia Francis
Assn: 4:58.57 2004 Katie Flood

Lane	Name	Team	Seed Time
1	168 Groteluschen, Harper	Cedar Rapids	5:49.64
2	197 Stanley, Emma	Iowa Flyers	5:52.52
3	200 Tenges, Rylee	I-Run	5:55.00
4	180 Lane, Adeline	Dcg Track Cl	6:13.11
5	178 Klingensmith, Trinity	Ankeny Track	6:33.77

Event 54 1500 Meter Run 11-12 Yr Old Boys

Nat: 4:22.05 7/29/2012 Coleman Mitchell
Assn: 4:40.32 2019 Preston Stensland

Lane	Name	Team	Seed Time
1	241 Lillie, Evan	Unattached	4:59.00
2	223 Davidson, Noah	Johnston Run	5:29.59
3	238 Kokjohn, Colton	Waukee Track	5:36.13
4	269 Stevermer, Zachary	Iowa Flyers	5:46.56
5	265 Schendel, Tyson	Waukee Track	5:50.21
6	234 Hoffman, Treyton	Cedar Rapids	5:54.00
7	247 McDermott, Anthony	Dcg Track Cl	5:55.00
8	244 Manning, Grayson	Waukee Track	5:55.78
9	233 Helmers, George Artic	Iowa Flyers	5:57.20
10	231 Harrison Anguiano, M	Unattached	6:00.00
11	218 Borner, Tyler	I-Run	NT
12	256 Naber, Steve	Xlr8	NT
13	271 Vance, Austin	Iowa Flyers	NT
14	225 Ebersole, Jonah	Pella Track	NT

Event 55 1500 Meter Run 13-14 Yr Old Girls

Nat: 4:28.61 7/29/2005 Jordan Hassay
Assn: 4:51.94 2006 Katie Flood

Lane	Name	Team	Seed Time
1	325 Messerly, Piper	Dcg Track Cl	5:20.95
2	298 Foad, Sophia	Mississippi	5:21.31
3	295 Dummermuth, Audrey	Johnston Run	5:43.17
4	301 Hannah, CJ	Unattached	5:52.60
5	322 McMahan, Marley	Valley	6:09.66
6	314 James, Noelle	Waukee Track	7:05.26
7	345 Watts, Jaelyn	Mississippi	7:20.77
8	336 Runyan, Elizabeth	I-Run	NT
9	292 Buske, Addison	Waukee Track	NT

Event 56 1500 Meter Run 13-14 Yr Old Boys

Nat: 4:04.72 7/10/1983 Jason Lienau
Assn: 4:28.96 2010 David Zimmer

Lane	Name	Team	Seed Time
1	386 Merrick, Jaden	Unattached	4:27.00
2	404 Whitmire, Hudson	Johnston Run	5:23.42

3	370 Harrison Anguiano, O	Unattached	5:36.00
4	369 Hardy, Eli	Waukee Track	6:27.05
5	399 Stensland, Preston	Xlr8	NT
6	394 Sanchez, Cameron	Waukee Track	NT

Event 57 1500 Meter Run 15-16 Yr Old Girls

Nat: 4:25.57 7/24/1984 Suzy Favor
Assn: 4:51.95 2006 Brooke Dinsdale

Lane	Name	Team	Seed Time
1	423 Helmers, Claire	Iowa Flyers	5:00.60
2	439 Pewe, Marissa	Johnston Run	5:20.00
3	453 Vance, Avelyn	Xlr8	NT
4	410 Braet, Hannah	Bellevue Ste	NT

Event 58 1500 Meter Run 15-16 Yr Old Boys

Nat: 3:54.02 7/29/2007 Nathan Mathabane
Assn: 4:09.87 2013 Thomas Pollard

Lane	Name	Team	Seed Time
1	471 Eichhorn, Ethan	Xlr8	4:18.00
2	470 Coyier, Dashiell	Xlr8	4:35.00
3	484 Mora, Sam	Dcg Track Cl	4:50.87
4	476 Jimenez, Ronan	I-Run	5:04.02
5	473 Griebel, Payton	Bellevue Ste	NT

Event 59 1500 Meter Run 17-18 Yr Old Women

Nat: 4:26.39 8/2/1981 Cecilia Hopp
Assn: 4:53.64 2005 Cassie Sokol

Lane	Name	Team	Seed Time
1	514 Johnson, Adeline	Unattached	4:46.22
2	525 Smeed, Bethany	Cedar Rapids	NT

Event 61 3000 Meter Run 11-12 Yr Old Girls

Nat: 10:00.11 7/30/2016 Daniela Quintero
Assn: 10:58.52 2015 Ashlyn Keeney

Lane	Name	Team	Seed Time
1	178 Klingensmith, Trinity	Ankeny Track	13:38.88

Event 62 3000 Meter Run 11-12 Yr Old Boys

Nat: 9:38.52 8/1/1998 Chris Dominic
Assn: 10:26.14 2005 Mitch Wink

Lane	Name	Team	Seed Time
1	241 Lillie, Evan	Unattached	10:10.00
2	269 Stevermer, Zachary	Iowa Flyers	12:18.73
3	244 Manning, Grayson	Waukee Track	12:37.32
4	233 Helmers, George Artic	Iowa Flyers	13:15.15
5	256 Naber, Steve	Xlr8	NT
6	265 Schendel, Tyson	Waukee Track	NT

2021 USATF Iowa Association Youth Track & Field Championship - 6/19/2021 to 6

Cyclone Sports Complex
Performance List**Event 65 3000 Meter Run 13-14 Yr Old Girls**

Nat: 9:35.12 7/30/2005 Jordan Hasay
Assn: 10:39.10 2006 Katie Flood

Lane Name	Team	Seed Time
Unassigned Region...(Event 65 3000 Meter Run 13-14 Yr Old C		
1 325 Messerly, Piper	Dcg Track Cl	11:22.08
2 306 Heaberlin, Eliza	Ankeny Track	12:22.28
3 348 Woodley, Alyx	Xlr8	NT
4 298 Foad, Sophia	Mississippi	NT

Event 66 3000 Meter Run 13-14 Yr Old Boys

Nat: 8:56.93 6/8/2012 Phillip Rocha
Assn: 9:22.52 1993 Tom Caughlan

Lane Name	Team	Seed Time
1 386 Merrick, Jaden	Unattached	9:45.00
2 404 Whitmire, Hudson	Johnston Run	11:32.78
3 395 Scheckel, Ryker	Cedar Rapids	12:02.22
4 369 Hardy, Eli	Waukee Track	12:41.81

Event 67 3000 Meter Run 15-16 Yr Old Girls

Nat: 9:37.09 7/30/2005 Caitlin Lane
Assn: 10:25.97 2009 Nicole Criner

Lane Name	Team	Seed Time
1 423 Helmers, Claire	Iowa Flyers	10:25.85
2 453 Vance, Avelyn	Xlr8	NT

Event 68 3000 Meter Run 15-16 Yr Old Boys

Nat: 8:27.00 7/23/1993 Billy Harper
Assn: 9:01.00 2013 Thomas Pollard

Lane Name	Team	Seed Time
1 471 Eichhorn, Ethan	Xlr8	9:15.00
2 470 Coyier, Dashiell	Xlr8	10:00.00
3 476 Jimenez, Ronan	I-Run	11:02.27
4 473 Griebel, Payton	Bellevue Ste	NT

Event 71 110 Meter Hurdles 15-16 Yr Old Boys

Nat: 13.74 7/29/2007 Wayne Davis II
Assn: 14.76 2006 Jordan Mullen

Lane Name	Team	Seed Time
1 480 Lucas, Eric	Iowa Speed T	15.22

Event 72 110 Meter Hurdles 17-18 Yr Old Men

Nat: 13.38 7/25/2009 Wayne Davis
Assn: 14.04 1993 Chris Wycoff

Lane Name	Team	Seed Time
1 553 Rosendahl, Ethan	Central Iowa	NT
2 551 Piper, Logan	Verti-GO Tra	NT
3 543 Doran, Max	Mississippi	NT
4 552 Pitts, Alex	Bellevue Ste	NT

Event 74 100 Meter Hurdles 15-16 Yr Old Girls

Nat: 13.45 7/31/2015 Tia Jones
Assn: 14.47 1998 Lori Jones

Lane Name	Team	Seed Time
1 430 Jumper, Ella	Unattached	17.40
2 412 Conklin, Morgan	Ankeny Track	19.58
3 420 Gaye, Blessing	Verti-GO Tra	20.07
4 421 Gonzalez, Kaiya	Central Iowa	NT
5 408 Boone, Brooke	Mississippi	NT
6 428 Johnson, Arianna	Central Iowa	NT
7 407 Beisel, Makayla	Iowa Flyers	NT
8 414 Desmond, Kate	Mvp Track &	NT

Event 75 100 Meter Hurdles 17-18 Yr Old Women

Nat: 13.33 7/28/2018 Alia Armstrong
Assn: 14.52 2014 Mary Young

Lane Name	Team	Seed Time
1 504 Carney, Mackenzie	Iowa Flyers	14.54
2 532 Woody, Isabelle	Iowa Speed T	15.90
3 520 McNaughton, Lillian	Unattached	16.05
4 530 Williamson, Bailey	Ankeny Track	17.01
5 511 Gustafson, Grace	Ankeny Track	18.82
6 505 Casteel, Allison	Unattached	NT

Event 76 100 Meter Hurdles 13-14 Yr Old Boys

Nat: 12.82 7/29/2018 Xavier Smith
Assn: 13.28 2017 Tamin Lipsey

Lane Name	Team	Seed Time
1 391 Pote, Landon	Ankeny Track	17.05
2 380 Ludwig, Blake	Waukee Track	19.27
3 361 Brown, Zachary	Mississippi	19.67
4 371 Hinrichs, Noah	Valley	19.88
5 362 Douglas Jr., TJ	Verti-GO Tra	19.89
6 366 Graf, Kaylor	Turbo Track	NT
7 363 Every, Andrew	Dcg Track Cl	NT
8 379 Lembechwa, Travis	Waukee Track	NT
9 358 Bernstine, Xavier	Central Iowa	NT
10 356 Baas, Trevor	Tiger Track	NT

Event 77 100 Meter Hurdles 13-14 Yr Old Girls

Nat: 13.40 7/6/2014 Tia Jones
Assn: 15.28 2017 Julia Shonka

Lane Name	Team	Seed Time
1 321 Manock, Jocelyn	Turbo Track	15.90
2 307 Helgeson, Selah	Unattached	17.21
3 300 Hanfelt, Reagan	Ankeny Track	17.99
4 308 Herring, Jaylin	Unattached	18.00
5 320 Maharry, Jana	Waukee Track	18.29
6 288 Buchan, Marlee	Ankeny Track	19.87
7 293 Carter, Tierney	Unattached	19.93
8 346 Welch, Ella	Mississippi	20.08

2021 USATF Iowa Association Youth Track & Field Championship - 6/19/2021 to 6

Cyclone Sports Complex
Performance List**Unassigned Region...(Event 77 100 Meter Hurdles 13-14 Yr Old)**

9	340 Smith, Charlotte	Mississippi	20.48
10	296 Farwell, Mya	Waukee Track	21.77
11	331 Powers, Hannah	Waukee Track	22.41
12	310 Hoger, Lilly	I-Run	NT
13	323 McNaughton, Holly	Unattached	NT
14	337 Russell, Camryn	Ankeny Track	NT

Event 78 80 Meter Hurdles 11-12 Yr Old Girls

Nat: 11.85 7/21/2002 Jasmine Isley
Assn: 13.25 2016 Mackenzie Carney

Lane Name	Team	Seed Time
1	195 Slack, Adysn	Mississippi 17.19
2	190 Peddicord, Siena	Ankeny Track 18.77
3	201 Tudor, Mara	Tiger Track 19.33
4	199 Strunk, Reese	Unattached 19.99
5	177 Kjellberg, Danielle	I-Run NT
6	192 Schroeder, Alyssa	Mississippi NT
7	164 Davidson, Bailey	Waukee Track NT
8	176 Kasparbauer, Quinn	Waukee Track NT
9	202 Van Keuren, Julia	Waukee Track NT

Event 79 80 Meter Hurdles 11-12 Yr Old Boys

Nat: 11.74 7/26/1997 Kemmy Lambe
Assn: 12.60 2015 Tamin Lipsey

Lane Name	Team	Seed Time
1	252 Miller, Logan	Waukee Track 14.05
2	215 Bergkamp, Josh	Central Iowa 14.10
3	230 Hanfelt, Gavin	Ankeny Track 17.20
4	220 Chance, Liam	Waukee Track 18.47
5	248 McNaughton, Chase	Unattached NT
6	260 Pitts, Mason	Bellevue Ste NT

Event 80 400 Meter Hurdles 15-16 Yr Old Boys

Nat: 51.56 7/30/2006 William Wynne
Assn: 56.14 1988 Greg Gaun

Lane Name	Team	Seed Time
1	494 Woods, Cael	Ankeny Track 1:09.34
2	462 Allen, Manning	Turbo Track NT

Event 81 400 Meter Hurdles 17-18 Yr Old Men

Nat: 49.77 7/29/2002 Kerron Clement
Assn: 55.10 1985 Blake Wilkerson

Lane Name	Team	Seed Time
1	553 Rosendahl, Ethan	Central Iowa NT
2	552 Pitts, Alex	Bellevue Ste NT

Event 82 400 Meter Hurdles 15-16 Yr Old Girls

Nat: 57.87 7/1/2005 Ebony Collins
Assn: 59.78 1989 Kari Hennigan

Lane Name	Team	Seed Time
1	430 Jumper, Ella	Unattached 1:12.10

2	428 Johnson, Arianna	Central Iowa	NT
3	414 Desmond, Kate	Mvp Track &	NT

Event 83 400 Meter Hurdles 17-18 Yr Old Women

Nat: 57.67 7/27/2008 Turquoise Thompson
Assn: 1:03.17 2014 Sarah Plock

Lane Name	Team	Seed Time
1	507 Engels, Morgan	Iowa Flyers NT

Event 84 200 Meter Hurdles 13-14 Yr Old Girls

Nat: 25.34 7/24/2013 Tia Jones
Assn: 28.86 1997 Jill Schweibert

Lane Name	Team	Seed Time
1	321 Manock, Jocelyn	Turbo Track 29.80
2	307 Helgeson, Selah	Unattached 32.10
3	308 Herring, Jaylin	Unattached 33.00
4	286 Braunschweig-Norris,	Ankeny Track 35.88
5	288 Buchan, Marlee	Ankeny Track 36.77
6	340 Smith, Charlotte	Mississippi 37.49
7	346 Welch, Ella	Mississippi 38.17
8	319 Leibfried, Tayla	Bellevue Ste NT
9	310 Hoger, Lilly	I-Run NT
10	349 Woods, Anna	Ankeny Track NT
11	337 Russell, Camryn	Ankeny Track NT

Event 85 200 Meter Hurdles 13-14 Yr Old Boys

Nat: 23.90 7/27/2016 Sean Burrell
Assn: 24.91 1987 Doug Dodd

Lane Name	Team	Seed Time
1	356 Baas, Trevor	Tiger Track 29.74
2	391 Pote, Landon	Ankeny Track 30.38
3	370 Harrison Anguiano, O	Unattached 1:00.00
4	371 Hinrichs, Noah	Valley NT
5	387 Minear, Jaxson	Central Iowa NT
6	358 Bernstine, Xavier	Central Iowa NT

Event 86 2000 Meter Steeplechase 15-16 Yr Old Girls

Nat: 6:56.97 7/22/2008 Eleanor Fulton
Assn: 8:23.49 2019 Taylor McCreedy

Lane Name	Team	Seed Time
1	452 Trygstad, Cali	Unattached NT
2	457 Williams, Olivia	Unattached NT

Event 88 2000 Meter Steeplechase 17-18 Yr Old Women

Nat: 6:54.37 7/22/2008 Alyssa Allison
Assn: 7:20.55 2018 Janette Schraff

Lane Name	Team	Seed Time
1	501 Baumgart, Emma	Waukee Track NT
2	525 Smeed, Bethany	Cedar Rapids NT

**2021 USATF Iowa Association Youth Track & Field Championship - 6/19/2021 to 6
Cyclone Sports Complex
Performance List**

Event 91 4x100 Meter Relay 8 & Under Boys

Nat: 56.53 7/30/2016 06 Massey Miracle Run
Griffin, Henderson Jr, Henderson, Jackson Jr

Assn: 1:06.61 2018 Central Iowa Excalibur

Lane	Team	Relay	Seed Time
Unassigned Region...(Event 91 4x100 Meter Relay 8 & Under B			
1	Mississippi	A	NT
	1) #38 Bova, Ryka	2) #55 Morgan-Clay, Terriq	
	3) #46 Foad, Cyrus	4) #63 Wallace, Liam	

Event 96 4x100 Meter Relay 11-12 Yr Old Girls

Nat: 49.08 7/30/2016 16 Oakland PAL
A Allen, J Gibbs, C Victorian, R Scott

Assn: 54.82 1998 Fort Dodge Flyers

Lane	Team	Relay	Seed Time
1	Waukee Track	A	55.18
	1) #184 Mestdagh, Maya	2) #159 Burclaw, Aubrie	
	3) #160 Burke, Cooper	4) #208 Weaver, Lilly	
2	Mississippi	A	1:01.42
	1) #195 Slack, Adysn	2) #163 Cotton, Annabelle	
	3) #158 Boone, Allison	4) #170 Harn, Dyllan	
3	Tiger Track	A	NT
	1) #165 Durham, Akeidrea	2) #185 Miller, Ja'Niyah	
	3) #186 Miller, Ni'Airea	4) #187 Muhammad, Suriah	

Event 98 4x100 Meter Relay 13-14 Yr Old Girls

Nat: 46.58 6/29/2003 Quiet Fire
S Williams, E Collins, D Lewis, C Black

Assn: 50.05 2014 IMPACTT

Lane	Team	Relay	Seed Time
1	Waukee Track	A	53.50
	1) #324 Megonigle, Audrey	2) #292 Buske, Addison	
	3) #342 Stahl, Katelyn	4) #320 Maharry, Jana	

Event 100 4x100 Meter Relay 15-16 Yr Old Girls

Nat: 45.14 7/28/2018 04 Jackrabbit Track & Field Cl
T Fuller, K Harris, E Egberi, L Williams

Assn: 49.01 2015 IMPACTT

Lane	Team	Relay	Seed Time
1	Verti-GO Tra	A	50.47
	1) #415 Elniel, May	2) #446 Smith, Lillian	
	3) #431 Karnga, Kimberlin	4) #432 Kyne, Jessica	
2	Tornado Trac	A	51.50
	1) #427 Johannes, Keira	2) #409 Boord, Alexis	
	3) #435 Murphy, Brenna	4) #454 Wagner, Karli	
3	Verti-GO Tra	C	NT
	1) #441 Rabeh, Rosette	2) #420 Gaye, Blessing	
	3) #426 Hudson, January	4) #429 Johnson, Morgan	
4	Verti-GO Tra	B	NT
	1) #447 Smith, Takira	2) #451 Tarpeh, Gloria	
	3) #419 Fritz, Miah	4) #455 Wal, Deu	

Event 101 4x100 Meter Relay 15-16 Yr Old Boys

Nat: 40.56 7/29/2017 12-Eagles Elite
D Washington, J Drayden, J Khepera, M Beason

Assn: 44.43 2008 Des Moines Velocity

Lane	Team	Relay	Seed Time
1	Verti-GO Tra	A	45.99
	1) #466 Belding, Jack	2) #483 Mitchell, Quinn	
	3) #482 Merfeld, Kayden	4) #479 Koerselman, Lucas	

Event 102 4x100 Meter Relay 17-18 Yr Old Women

Nat: 44.43 7/28/2007 12 26 Dallas Gold TC
L Stewart, A Pegram, B Carr, V Jordan

Assn: 48.89 2003 Cedar Valley TC

Lane	Team	Relay	Seed Time
1	Boom	A	NT
	1) #508 Even, Alexis	2) #513 Heinitz, Ella	
	3) #517 Kur, Nyanas	4) #521 Merkle, Lauren	

Event 108 4x400 Meter Relay 11-12 Yr Old Girls

Nat: 3:55.54 7/27/2014 12-North Texas Cheetahs
A Harris, C Wash, D Jeter, J Griffin

Assn: 4:33.56 2019 DCG Track Club

Lane	Team	Relay	Seed Time
1	Tiger Track	A	NT
	1) #165 Durham, Akeidrea	2) #185 Miller, Ja'Niyah	
	3) #186 Miller, Ni'Airea	4) #187 Muhammad, Suriah	

Event 112 4x400 Meter Relay 13-14 Yr Old Girls

Nat: 3:43.05 7/31/2011 Rate of Motion
A. Abram, S. Douglas, V. Fagan, A. Fuller

Assn: 4:18.06 2004 Cedar Valley TC

Lane	Team	Relay	Seed Time
1	QC Heat Trac	A	4:30.00
	1) #304 Harrison, Stephanie	2) #333 Ramirez, Micayla	
	3) #290 Buikema, Dayvancee	4) #341 Smith, Kendyl	

Event 116 4x400 Meter Relay 17-18 Yr Old Women

Nat: 3:35.51 7/29/2001 "United Stars "A"
Evelyn Dwyer, Dominique Darden, Danielle Rogers, Tiff

Assn: 3:58.31 2008 MVTC

Lane	Team	Relay	Seed Time
1	Iowa Flyers	A	4:20.00
	1) #504 Carney, Mackenzie	2) #507 Engels, Morgan	
	3) #524 Schaben, Samantha	4) #531 Winger, Kynzi	

2021 USATF Iowa Association Youth Track & Field Championship - 6/19/2021 to 6

Cyclone Sports Complex
Performance List**Event 126 1500 Meter Race Walk 9-10 Yr Old Girls**

Nat: 7:30.80 7/18/1993 Elizabeth Paxton
Assn: 8:22.91 1988 Christa Dirksen

Lane Name	Team	Seed Time
Unassigned Region...(Event 126 1500 Meter Race Walk 9-10 Yr Old Girls)		
1 93 Smith, Jacqueline	Mississippi	NT

Event 129 1500 Meter Race Walk 11-12 Yr Old Boys

Nat: 6:44.01 7/2/1992 Tristan Ruoss
Assn: 8:31.94 2004 Alex Fagen

Lane Name	Team	Seed Time
1 229 Haney, Nolan	Unattached	NT

Event 134 3000 Meter Race Walk 17-18 Yr Old Women

Nat: 14:20.80 6/17/1993 Lisa Chumbley
Assn: 16:23.63 1998 Katie Rulapaugh

Lane Name	Team	Seed Time
1 514 Johnson, Adeline	Unattached	15:55.88

Event 202 High Jump 9-10 Yr Old Girls

Nat: 1.50m 7/25/2012 Victoria Plummer
Assn: 1.30m 2001 Janielle Rollins

Pos	Name	Team	Seed Mark
1	99 Tudor, Sophia	Tiger Track	1.02m
2	98 Tudor, Amelia	Tiger Track	0.97m

Event 203 High Jump 9-10 Yr Old Boys

Nat: 1.60m 6/30/2010 Sean Lee
Assn: 1.35m 2019 Chase McNaughton/Robert Kam

Pos	Name	Team	Seed Mark
1	130 Mahnesmith, Cooper	Tiger Track	1.12m
2	140 Simonsen, Evan	Cedar Rapids	1.07m
3	128 Lofstedt, Griffin	Iowa Flyers	NH

Event 204 High Jump 11-12 Yr Old Girls

Nat: 1.69m 7/24/2008 Stacy Destin
Assn: 1.55m 1988 Sondra Biere

Pos	Name	Team	Seed Mark
1	169 Grover, Madison	I-Run	1.47m
2	157 Benseler, Reese	Waukee Track	1.12m
3	162 Clevenger, Kenzie	Waukee Track	0.97m
4	192 Schroeder, Alyssa	Mississippi	NH

Event 205 High Jump 11-12 Yr Old Boys

Nat: 1.76m 7/22/2012 Sean Lee
Assn: 1.52m 2013 Taiman Lipsey/Nathan Ludwig

Pos	Name	Team	Seed Mark
1	215 Bergkamp, Josh	Central Iowa	1.42m
2	240 Lee IV, Frank	Central Iowa	1.32m

3	239 Koziczowski, Nathar	Verti-GO Tra	1.12m
4	248 McNaughton, Chase	Unattached	NH

Event 206 High Jump 13-14 Yr Old Girls

Nat: 1.77m 7/29/2017 Tierra Hooker
Assn: 1.59m 2008 Taylor Twedt

Pos	Name	Team	Seed Mark
1	300 Hanfelt, Reagan	Ankeny Track	1.52m
2	349 Woods, Anna	Ankeny Track	1.42m
3	323 McNaughton, Holly	Unattached	NH
4	316 Kongshaug, Emilia	Johnston Run	NH
5	305 Harvey, Hadley	Central Iowa	NH

Event 207 High Jump 13-14 Yr Old Boys

Nat: 2.00m 7/30/2016 Trey Tinfinger
Assn: 1.84m 2000 Jaron Van Maanen

Pos	Name	Team	Seed Mark
1	391 Pote, Landon	Ankeny Track	1.68m
2	380 Ludwig, Blake	Waukee Track	1.52m
3	378 Larson, Sawyer	Iowa Flyers	1.47m
4	382 Lunde, Connor	Iowa Flyers	1.37m
5	396 Smith, Isaiah	Ankeny Track	1.32m
6	390 Phinney, James	I-Run	1.07m

Event 208 High Jump 15-16 Yr Old Girls

Nat: 1.83m 6/22/2013 Vashti Cunningham
Assn: 1.71m 2006 Megn Gilsar

Pos	Name	Team	Seed Mark
1	407 Beisel, Makayla	Iowa Flyers	1.47m
2	457 Williams, Olivia	Unattached	1.17m
3	445 Smith, Bridgette	Mississippi	NH

Event 210 High Jump 17-18 Yr Old Women

Nat: 1.91m 6/24/2015 Vashti Cunningham
Assn: 1.68m 1986 Steph Davis/Lori Meade

Pos	Name	Team	Seed Mark
1	532 Woody, Isabelle	Iowa Speed T	1.50m
2	510 Green, Layanna	Verti-GO Tra	NH

Event 211 High Jump 17-18 Yr Old Men

Nat: 2.28m 7/9/1983 Dothel Edwards
Assn: 2.06m 1986 Pat Conlon

Pos	Name	Team	Seed Mark
1	548 Klemme, Ethan	Bellevue Ste	NH

Event 218 Long Jump 8 & Under Girls

Nat: 3.99m 7/25/2014 Kori Martin
Assn: 3.07m 2017 Frankie Huether

Pos	Name	Team	Seed Mark
1	21 Moline, Brooklyn	Unattached	3.20m

**2021 USATF Iowa Association Youth Track & Field Championship - 6/19/2021 to 6
Cyclone Sports Complex
Performance List**

Unassigned Region...(Event 218 Long Jump 8 & Under Girls)

2	16 Lane, Cora	Dcg Track Cl	2.77m
3	6 Edwards, Jordanna	Cedar Rapids	2.72m
4	3 Bierbaum, Maggie	Unattached	2.50m
5	30 Whitson, Baya	I-Run	2.21m
6	25 Roach, Zariyah	QC Heat Trac	1.63m
7	2 Bierbaum, Josie	Unattached	1.60m
8	1 Bailey, Micah	QC Heat Trac	1.49m
9	12 Jackson, Maecen	Unattached	ND
10	29 Wells, Kamri	Mississippi	ND
11	15 La Mar, Katie	Unattached	ND

Event 219 Long Jump 8 & Under Boys

Nat: 4.46m 7/28/2012 Kendrick Law			
Assn: 3.86m 2011 Tamin Lipsey			
Pos	Name	Team	Seed Mark
1	36 Alfstad, Loftan	I-Run	3.19m
2	47 Gaffney, Peter	Cedar Rapids	2.77m
3	52 Ludwig, Ieo	Waukee Track	2.73m
4	63 Wallace, Liam	Mississippi	2.69m
5	54 McMahan, Logan	Valley	2.52m
6	64 Whitmire, Easton	Johnston Run	2.35m
7	40 Buchan, Darian	Ankeny Track	2.34m
8	42 Calloway, Keotyn	QC Heat Trac	2.27m
9	59 Roach, Malcolm	QC Heat Trac	2.03m
10	41 Burrows, Cooper	I-Run	1.59m

Event 220 Long Jump 9-10 Yr Old Girls

Nat: 4.78m 6/30/2005 Ramona Carryl			
Assn: 4.16m 2000 Lindsay Lettow			
Pos	Name	Team	Seed Mark
1	70 Anbukumar, Samanvi	Waukee Track	3.61m
2	80 Hanson, Bailey	Waukee Track	3.48m
3	75 Braunschweig-Norris, I	Ankeny Track	3.29m
4	102 Wey, Reagan	Johnston Run	3.00m
5	76 Burrows, Raegan	I-Run	2.80m
6	83 Katuin, Maddie	Tiger Track	ND
7	82 Herring, Daylea	Unattached	ND

Event 221 Long Jump 9-10 Yr Old Boys

Nat: 5.08m 7/27/2014 Kendrick Law			
Assn: 4.85m 2013 Tamin Lipsey			
Pos	Name	Team	Seed Mark
1	129 Ludwig, Walker	Waukee Track	4.01m
2	131 McDonald, Kai	Cedar Rapids	3.66m
3	108 Asada, Rocco	Waukee Track	3.64m
4	121 Jackson, Taytum	Turbo Track	3.26m
5	119 Harris, Chase	Dcg Track Cl	2.87m
6	135 Roach, Xavier	QC Heat Trac	2.27m
7	143 Tenges, Bentley	I-Run	2.02m
8	122 Johnson, Jabari	Unattached	ND
9	141 Stanley, Dempsey	Waukee Track	ND

Event 222 Long Jump 11-12 Yr Old Girls

Nat: 5.58m 6/1/1998 Gayle Hunter			
Assn: 4.70m 1993 Ronnie Caldwell			
Pos	Name	Team	Seed Mark
1	173 Huether, Frankie	Turbo Track	4.74m
2	169 Grover, Madison	I-Run	4.29m
3	195 Slack, Adysn	Mississippi	4.04m
4	182 McDonald, Izzie	Cedar Rapids	3.89m
5	159 Burelaw, Aubrie	Waukee Track	3.81m
6	180 Lane, Adeline	Dcg Track Cl	3.61m
7	205 Wagner, Reese	Turbo Track	3.59m
8	175 Jackson, Teagan	Turbo Track	3.48m
9	203 VanDeer, Briley	Unattached	3.44m
10	193 Seeman, Madden	Dcg Track Cl	3.34m
11	155 Badillo, Mila	Turbo Track	3.02m
12	196 Smith, Olivia	Waukee Track	2.65m
13	157 Benseler, Reese	Waukee Track	2.64m
14	174 Jackson, Jaeden	Unattached	ND
15	164 Davidson, Bailey	Waukee Track	ND
16	191 Reggio, Aubri	Dcg Track Cl	ND
17	163 Cotton, Annabelle	Mississippi	ND

Event 223 Long Jump 11-12 Yr Old Boys

Nat: 5.92m 1974 Anthony Gibson			
Assn: 5.00m 2014 Tamin Lipsey			
Pos	Name	Team	Seed Mark
1	242 Ludwig, Griffin	Waukee Track	4.81m
2	217 Bond, Jared	Ankeny Track	4.79m
3	215 Bergkamp, Josh	Central Iowa	4.28m
4	246 Martinez, Max	I-Run	3.84m
5	257 O'Halloran, Benjamin	Pella Track	3.73m
6	245 Martinez, Chase	I-Run	3.66m
7	258 Peterson Jr, Chris	Unattached	3.60m
8	226 Edwards, Jarin	Cedar Rapids	3.48m
9	261 Proesch, Liam	Ankeny Track	3.44m
10	235 Hoppenworth, Gage	Johnston Run	3.43m
11	267 Soulinthavong, Jamar	Central Iowa	3.39m
12	255 Mutchler, Aaron	I-Run	3.23m
13	239 Koziczowski, Nathar	Verti-GO Tra	2.97m
14	248 McNaughton, Chase	Unattached	ND
15	250 Meyer, Jack	Waukee Track	ND
16	224 Deutsch, Jackson	Unattached	ND
17	231 Harrison Anguiano, M	Unattached	ND
18	273 Webb, Alexander	Dcg Track Cl	ND

Event 224 Long Jump 13-14 Yr Old Girls

Nat: 6.07m 7/25/2014 Dalaria Boone / Tracee Thomas			
Assn: 5.33m 2003 Kiersten Thorgaard			
Pos	Name	Team	Seed Mark
1	317 Kyne, Monah	Verti-GO Tra	4.32m
2	290 Buikema, Dayvancee	QC Heat Trac	4.14m
3	286 Braunschweig-Norris,	Ankeny Track	4.04m

**2021 USATF Iowa Association Youth Track & Field Championship - 6/19/2021 to 6
Cyclone Sports Complex
Performance List**

Unassigned Region...(Event 224 Long Jump 13-14 Yr Old Girls

4	333 Ramirez, Micayla	QC Heat Trac	3.99m
5	349 Woods, Anna	Ankeny Track	3.89m
6	315 Johnson, Allie	Mississippi	3.80m
7	310 Hoger, Lilly	I-Run	3.73m
8	303 Harrison, Lauren	Waukeel Track	3.70m
9	288 Buchan, Marlee	Ankeny Track	3.45m
10	308 Herring, Jaylin	Unattached	3.38m
11	313 Jackson, McKenzie	Turbo Track	3.00m
12	323 McNaughton, Holly	Unattached	ND
13	343 Stanley, Ella	Waukeel Track	ND

Event 225 Long Jump 13-14 Yr Old Boys

Nat: 7.02m 1976 Anthony Gibson			
Assn: 6.03m 1991 Doug Miller			
Pos	Name	Team	Seed Mark
1	400 Tate Jr., Brian	Turbo Track	5.49m
2	391 Pote, Landon	Ankeny Track	5.16m
3	362 Douglas Jr., TJ	Verti-GO Tra	4.87m
4	376 Kunze, Kaiden	Verti-GO Tra	4.84m
5	367 Griffin, Drake	Tiger Track	4.79m
6	393 Riley, Kaizer	Mississippi	4.76m
7	380 Ludwig, Blake	Waukeel Track	4.72m
8	396 Smith, Isaiah	Ankeny Track	4.12m
9	385 Means, Owen	Waukeel Track	3.75m
10	389 Munford, Alonzo	Waukeel Track	3.44m
11	373 Jean-Simon, Marcus	QC Heat Trac	3.05m
12	390 Phinney, James	I-Run	2.87m

Event 226 Long Jump 15-16 Yr Old Girls

Nat: 6.68m 7/25/2017 Lanae-Tara Thomas			
Assn: 5.54m 2011 Lexus Lovan			
Pos	Name	Team	Seed Mark
1	427 Johannes, Keira	Tornado Trac	4.78m
2	419 Fritz, Miah	Verti-GO Tra	4.52m
3	437 Ott, Breanna	Verti-GO Tra	4.50m
4	412 Conklin, Morgan	Ankeny Track	3.63m
5	434 Merkley, Ellen	Boom	ND
6	408 Boone, Brooke	Mississippi	ND

Event 227 Long Jump 15-16 Yr Old Boys

Nat: 7.35m 1979 Steve Hansley			
Assn: 6.59m 2018 Tamin Lipsey			
Pos	Name	Team	Seed Mark
1	479 Koerselman, Lucas	Verti-GO Tra	5.84m
2	493 Williams III, Scott	Mississippi	5.45m

Event 228 Long Jump 17-18 Yr Old Women

Nat: 6.36m 7/24/1994 Angela Henry			
Assn: 5.76m 2014 Lexus Lovan			
Pos	Name	Team	Seed Mark
1	515 Johnson, Brooklyn	QC Heat Trac	5.44m
2	520 McNaughton, Lillian	Unattached	5.03m

3	518 LeClere, Aleksyia	Cedar Rapids	4.39m
4	530 Williamson, Bailey	Ankeny Track	4.14m
5	529 Williams, Lillia	Unattached	ND
6	505 Casteel, Allison	Unattached	ND
7	525 Smeed, Bethany	Cedar Rapids	ND

Event 229 Long Jump 17-18 Yr Old Men

Nat: 7.87m 1997 Lamont King			
Assn: 6.85m 1985 Mike Anderson			
Pos	Name	Team	Seed Mark
1	545 Grover, Logan	I-Run	6.29m
2	546 Hoffman, Carson	Unattached	6.04m
3	552 Pitts, Alex	Bellevue Ste	ND
4	543 Doran, Max	Mississippi	ND

Event 230 Triple Jump 13-14 Yr Old Girls

Nat: 12.23m 7/30/2015 Jasmine Moore			
Assn: 10.28m 2011 Meaghan Jerrard			
Pos	Name	Team	Seed Mark
1	323 McNaughton, Holly	Unattached	ND

Event 231 Triple Jump 13-14 Yr Old Boys

Nat: 13.43m 7/28/2011 Marcus Krah			
Assn: 11.75m 1994 Tom Kucera			
Pos	Name	Team	Seed Mark
1	378 Larson, Sawyer	Iowa Flyers	9.81m
2	362 Douglas Jr., TJ	Verti-GO Tra	ND
3	376 Kunze, Kaiden	Verti-GO Tra	ND

Event 232 Triple Jump 15-16 Yr Old Girls

Nat: 12.94m 7/30/2009 Ciarra Brewer			
Assn: 10.67m 1987 Nicole Harker			
Pos	Name	Team	Seed Mark
1	435 Murphy, Brenna	Tornado Trac	ND

Event 234 Triple Jump 17-18 Yr Old Women

Nat: 13.01m 7/28/1996 Alicia Broussard			
Assn: 11.02m 1991 Kim Carson			
Pos	Name	Team	Seed Mark
1	520 McNaughton, Lillian	Unattached	10.36m
2	518 LeClere, Aleksyia	Cedar Rapids	8.79m
3	529 Williams, Lillia	Unattached	ND

Event 235 Triple Jump 17-18 Yr Old Men

Nat: 16.72m 7/29/2004 Kenneth Hall			
Assn: 13.39m 2008 Quinton Musgrove			
Pos	Name	Team	Seed Mark
1	546 Hoffman, Carson	Unattached	ND

2021 USATF Iowa Association Youth Track & Field Championship - 6/19/2021 to 6

Cyclone Sports Complex
Performance List**Event 236 Discus Throw 11-12 Yr Old Girls**

Nat: 37.46m 7/24/1997 Amber Curtis
Assn: 28.70m 1995 Abby Emsick

Pos	Name	Team	Seed Mark
Unassigned Region...(Event 236 Discus Throw 11-12 Yr Old Gi			
1	169 Grover, Madison	I-Run	18.97m
2	189 New, Haley	I-Run	18.34m
3	210 Whitson, Eden	I-Run	14.48m
4	201 Tudor, Mara	Tiger Track	10.74m
5	209 Whalen, Maya	I-Run	ND
6	179 La Mar, Jennifer	Unattached	ND

Event 237 Discus Throw 11-12 Yr Old Boys

Nat: 48.65m 6/19/1982 Michael Stubblefield
Assn: 34.54m 1998 Travis Senters

Pos	Name	Team	Seed Mark
1	254 Morton, Beau	Unattached	21.90m
2	228 Grabe, Griffin	Unattached	19.58m
3	259 Pewe, Ethan	Johnston Run	17.02m
4	264 Rucker, Naszir	Mississippi	15.98m
5	223 Davidson, Noah	Johnston Run	13.61m
6	262 Richardson, Tade	I-Run	10.21m
7	229 Haney, Nolan	Unattached	ND

Event 238 Discus Throw 13-14 Yr Old Girls

Nat: 46.32m 6/23/1990 Suzy Powell
Assn: 36.86m 2010 Kate Birchmier

Pos	Name	Team	Seed Mark
1	327 Morton, Charlee	Unattached	31.45m
2	329 Petersen, Tessa	Unattached	23.19m
3	291 Bumgardner, Sophie	Waukee Track	18.47m
4	287 Brown, Isabella	Mississippi	ND
5	328 Myers, Aurora	Mississippi	ND
6	305 Harvey, Hadley	Central Iowa	ND

Event 239 Discus Throw 13-14 Yr Old Boys

Nat: 62.48m 7/28/2013 Nolan Van Amen
Assn: 49.25m 1987 Allan Walz

Pos	Name	Team	Seed Mark
1	383 McInerney, Carson	Tri-State Tr	46.53m
2	375 Johnson, Keilon	QC Heat Trac	27.53m
3	365 Gibson, Gabriel	I-Run	24.63m
4	355 Armitage, James	Johnston Run	23.75m
5	397 Spargo, Thomas	I-Run	22.73m
6	368 Hagan, Brady	Central Iowa	19.61m
7	382 Lunde, Connor	Iowa Flyers	18.80m
8	381 Lunde, Brennan	Iowa Flyers	16.94m
9	357 Bahns, Shane	Mississippi	ND
10	402 Whalen, Will	I-Run	ND

Event 240 Discus Throw 15-16 Yr Old Girls

Nat: 50.12m 5/12/1997 Elizabeth Debartolo
Assn: 40.99m 2013 Kiana Phelps

Pos	Name	Team	Seed Mark
1	433 Lachacz, Kileigh	Dcg Track Cl	40.72m
2	442 Ragins, Gabriella	Mississippi	25.25m
3	417 Felton, Abbie	Unattached	24.31m
4	440 Phinney, Dailynn	I-Run	18.01m
5	418 Fischer, Madelaine	Unattached	ND
6	436 Myers, Eden	Mississippi	ND

Event 241 Discus Throw 15-16 Yr Old Boys

Nat: 58.80m 6/1/1985 Kamy Keshamiri
Assn: 47.27m 2010 Alex Goeller

Pos	Name	Team	Seed Mark
1	478 Kimpston, Noah	Waukee Track	39.70m
2	477 Kampman, Benjamin	Unattached	38.61m
3	463 Allen, Mason	Unattached	37.90m
4	465 Armitage, Clark	Johnston Run	26.90m
5	486 Riesberg, Nathan	Waukee Track	26.75m
6	493 Williams III, Scott	Mississippi	25.02m
7	490 Thompson, Davis	Mississippi	20.42m
8	461 Agan, Carson	Waukee Track	ND
9	491 Vaughn Myers, Kirste	Mississippi	ND
10	469 Brown, Russell	Mississippi	ND

Event 242 Discus Throw 17-18 Yr Old Women

Nat: 53.42m 7/9/1995 Suzy Powell
Assn: 40.84m 1997 Stacey Anderson

Pos	Name	Team	Seed Mark
1	500 Ball, Emily	Waukee Track	37.67m
2	516 Jones, Julianna	Mississippi	ND

Event 243 Discus Throw 17-18 Yr Old Men

Nat: 63.02m 1979 Clint Johnson
Assn: 58.09m 2003 Chase Madison

Pos	Name	Team	Seed Mark
1	559 Whalen, Walker	I-Run	ND

Event 244 Hammer Throw 15-16 Yr Old Girls

Nat: 51.13m 7/24/2018 Markayla Billings
Nat: 51.13m 7/24/2017 Danielle Gregory
Assn: 23.73m 2016 Mackenzie Goeller

Pos	Name	Team	Seed Mark
1	436 Myers, Eden	Mississippi	ND
2	442 Ragins, Gabriella	Mississippi	ND

**2021 USATF Iowa Association Youth Track & Field Championship - 6/19/2021 to 6
Cyclone Sports Complex
Performance List**

Event 245 Hammer Throw 15-16 Yr Old Boys

Nat: 72.53m 6/28/2007 Connor McCullough
Assn: 32.54m 2015 Nick Phelps

Pos	Name	Team	Seed Mark
1	491 Vaughn Myers, Kirste	Mississippi	ND

Event 246 Hammer Throw 17-18 Yr Old Women

Nat: 55.80m 7/25/2014 Lena Gieger
Assn: 29.14m 2018 Kaitlyn Gammon

Pos	Name	Team	Seed Mark
1	516 Jones, Julianna	Mississippi	ND
2	500 Ball, Emily	Waukee Track	ND

Event 248 Javelin Throw 8 & Under Girls

Nat: 23.15m 7/30/2015 Cameron Chapman
Assn: 15.84m 2019 Raegan Burrows

Pos	Name	Team	Seed Mark
1	7 Griebel, Harper	Bellevue Ste	ND
2	9 Guillaume, Gwyneth	Johnston Run	ND
3	15 La Mar, Katie	Unattached	ND

Event 249 Javelin Throw 8 & Under Boys

Nat: 33.29m 7/25/2012 Maalik Murphy
Assn: 19.84m 2013 Taylor Collins

Pos	Name	Team	Seed Mark
1	54 McMahon, Logan	Valley	16.33m
2	47 Gaffney, Peter	Cedar Rapids	15.57m
3	42 Calloway, Keotyn	QC Heat Trac	ND
4	51 Lee, Carter	Central Iowa	ND
5	49 Griebel, Gentry	Bellevue Ste	ND

Event 250 Javelin Throw 9-10 Yr Old Girls

Nat: 37.15m 7/29/2007 Mystasia Alexander
Assn: 22.99m 2014 Margaret Gorman

Pos	Name	Team	Seed Mark
1	76 Burrows, Raegan	I-Run	21.46m
2	89 Richardson, Alasia	Mississippi	12.01m
3	100 VanDeer, Bailey	Unattached	11.76m
4	79 Gibson, Kamrynn	I-Run	10.11m
5	93 Smith, Jacqueline	Mississippi	6.81m
6	87 Myers, Griffen	Mississippi	ND

Event 251 Javelin Throw 9-10 Yr Old Boys

Nat: 44.18m 7/27/2016 Eugene Brooks IV
Assn: 28.03m 2017 Jaxson Minear

Pos	Name	Team	Seed Mark
1	120 Jackson, Braylon	Central Iowa	29.74m
2	138 Simmons, Aydrian	Johnston Run	22.53m
3	131 McDonald, Kai	Cedar Rapids	19.94m

4	108 Asada, Rocco	Waukee Track	19.00m
5	132 McMahon, Griffin	Valley	18.77m
6	124 Kasparbauer, Wesley	Waukee Track	17.68m
7	133 Miller, Malik	Central Iowa	13.23m
8	143 Tenges, Bentley	I-Run	10.24m

Event 252 Javelin Throw 11-12 Yr Old Girls

Nat: 35.23m 2017
Assn: 22.96m 2019 Olivia Gallentine

Pos	Name	Team	Seed Mark
1	182 McDonald, Izzie	Cedar Rapids	23.56m
2	189 New, Haley	I-Run	20.93m
3	197 Stanley, Emma	Iowa Flyers	18.08m
4	176 Kasparbauer, Quinn	Waukee Track	16.15m
5	167 Etnyre, Clara	I-Run	12.17m
6	179 La Mar, Jennifer	Unattached	ND
7	192 Schroeder, Alyssa	Mississippi	ND
8	181 Marshall, Deja	Mississippi	ND
9	202 Van Keuren, Julia	Waukee Track	ND

Event 253 Javelin Throw 11-12 Yr Old Boys

Nat: 41.95m 2017
Assn: 23.64m 2018 Owen McCartan

Pos	Name	Team	Seed Mark
1	239 Koziczkowski, Nathar	Verti-GO Tra	24.94m
2	257 O'Halloran, Benjamin	Pella Track	20.00m
3	264 Rucker, Naszir	Mississippi	17.93m
4	263 Rosel, Ryan	Waukee Track	17.50m
5	227 Fleischman, Joseph	Valley	13.97m
6	266 Smith, Garrett	QC Heat Trac	8.48m

Event 254 Javelin Throw 13-14 Yr Old Girls

Nat: 52.90m 7/26/2007 Hannah Carson
Assn: 30.91m 2018 Elaine Wang

Pos	Name	Team	Seed Mark
1	297 Fisher, Laila	Mvp Track &	26.04m
2	287 Brown, Isabella	Mississippi	ND
3	328 Myers, Aurora	Mississippi	ND
4	305 Harvey, Hadley	Central Iowa	ND
5	344 Walker, Jo'Dawn	Mississippi	ND

Event 255 Javelin Throw 13-14 Yr Old Boys

Nat: 59.63m 6/7/2008 Adam Sparks
Assn: 45.16m 2016 Drake Woody

Pos	Name	Team	Seed Mark
1	360 Braunschweig-Norris,	Ankeny Track	31.57m
2	382 Lunde, Connor	Iowa Flyers	27.23m
3	381 Lunde, Brennan	Iowa Flyers	21.77m
4	375 Johnson, Keilon	QC Heat Trac	20.38m
5	365 Gibson, Gabriel	I-Run	17.73m
6	390 Phinney, James	I-Run	15.39m
7	387 Minear, Jaxson	Central Iowa	ND

2021 USATF Iowa Association Youth Track & Field Championship - 6/19/2021 to 6

Cyclone Sports Complex
Performance List**Unassigned Region...(Event 255 Javelin Throw 13-14 Yr Old B**

8	357 Bahns, Shane	Mississippi	ND
9	402 Whalen, Will	I-Run	ND

Event 256 Javelin Throw 15-16 Yr Old Girls

Nat: 51.23m 7/26/2014 Tairyn Montgomery
Assn: 34.85m 2017 Gabbie Bullard

Pos	Name	Team	Seed Mark
1	440 Phinney, Dailynn	I-Run	22.00m
2	444 Rucker, Nevaeh	Mississippi	11.02m
3	442 Ragins, Gabriella	Mississippi	ND
4	457 Williams, Olivia	Unattached	ND
5	421 Gonzalez, Kaiya	Central Iowa	ND
6	436 Myers, Eden	Mississippi	ND

Event 257 Javelin Throw 15-16 Yr Old Boys

Nat: 63.60m 7/9/2010 William H. Stanley III
Assn: 48.43m 2001 Steve Binz

Pos	Name	Team	Seed Mark
1	463 Allen, Mason	Unattached	35.05m
2	490 Thompson, Davis	Mississippi	16.98m
3	491 Vaughn Myers, Kirste	Mississippi	ND
4	487 Rucker, Deshawn	Mississippi	ND
5	469 Brown, Russell	Mississippi	ND

Event 258 Javelin Throw 17-18 Yr Old Women

Nat: 52.30m 7/28/2011 Avionne Allgood
Assn: 40.03m 2000 Gabbie Bullard

Pos	Name	Team	Seed Mark
1	528 Wang, Elaine	Unattached	31.50m
2	532 Woody, Isabelle	Iowa Speed T	30.00m
3	520 McNaughton, Lillian	Unattached	20.00m
4	527 Tenges, Bree	I-Run	14.46m
5	516 Jones, Julianna	Mississippi	ND
6	529 Williams, Lillia	Unattached	ND
7	500 Ball, Emily	Waukee Track	ND

Event 259 Javelin Throw 17-18 Yr Old Men

Nat: 72.82m 6/27/2010 Samuel Crouser
Assn: 53.21m 2012 Jonathan Bednar

Pos	Name	Team	Seed Mark
1	545 Grover, Logan	I-Run	44.02m
2	559 Whalen, Walker	I-Run	ND

Event 260 Shot Put 8 & Under Girls

Nat: 8.14m 7/29/2018 Laila Jones
Assn: 5.90m 2012 Kenna McGee

Pos	Name	Team	Seed Mark
1	11 Hanfelt, Sloan	Ankeny Track	3.58m
2	15 La Mar, Katie	Unattached	1.27m
3	7 Griebel, Harper	Bellevue Ste	ND

Event 261 Shot Put 8 & Under Boys

Nat: 10.41m 7/28/2016 Xavier Muhammad
Assn: 7.35m 2019 Braylon Jackson

Pos	Name	Team	Seed Mark
1	56 Morton, Rocco	Unattached	6.66m
2	54 McMahan, Logan	Valley	4.80m
3	41 Burrows, Cooper	I-Run	2.54m
4	42 Calloway, Keotyn	QC Heat Trac	ND
5	48 Griebel, Brooks	Bellevue Ste	ND
6	51 Lee, Carter	Central Iowa	ND

Event 262 Shot Put 9-10 Yr Old Girls

Nat: 10.53m 7/30/2015 Kori Martin
Assn: 8.79m 2007 Kate Birchmier

Pos	Name	Team	Seed Mark
1	86 Morton, Sylvie	Unattached	6.90m
2	103 Whitson, Stella	I-Run	5.87m
3	79 Gibson, Kamrynn	I-Run	5.27m
4	77 Davidson, Elaine	Johnston Run	4.83m
5	93 Smith, Jacqueline	Mississippi	3.06m
6	87 Myers, Griffen	Mississippi	ND

Event 263 Shot Put 9-10 Yr Old Boys

Nat: 13.40m 7/28/2012 Dylan Carter
Assn: 9.05m 2009 Nicholas Phelps

Pos	Name	Team	Seed Mark
1	120 Jackson, Braylon	Central Iowa	8.55m
2	132 McMahan, Griffin	Valley	5.11m
3	138 Simmons, Aydrion	Johnston Run	4.85m

Event 264 Shot Put 11-12 Yr Old Girls

Nat: 13.90m 7/11/1987 Johanna Gambill
Assn: 11.51m 2009 Kate Birchmier

Pos	Name	Team	Seed Mark
1	189 New, Haley	I-Run	7.28m
2	156 Bailey, Naomi	QC Heat Trac	7.11m
3	210 Whitson, Eden	I-Run	7.09m
4	167 Etnyre, Clara	I-Run	4.62m
5	209 Whalen, Maya	I-Run	ND
6	179 La Mar, Jennifer	Unattached	ND

Event 265 Shot Put 11-12 Yr Old Boys

Nat: 16.42m 7/23/2014 Dylan Carter
Assn: 13.22m 2001 Ryan Lamparek

Pos	Name	Team	Seed Mark
1	254 Morton, Beau	Unattached	10.10m
2	228 Grabe, Griffin	Unattached	8.21m
3	266 Smith, Garrett	QC Heat Trac	7.80m
4	235 Hoppenworth, Gage	Johnston Run	7.55m
5	230 Hanfelt, Gavin	Ankeny Track	7.54m

**2021 USATF Iowa Association Youth Track & Field Championship - 6/19/2021 to 6
Cyclone Sports Complex
Performance List**

Unassigned Region...(Event 265 Shot Put 11-12 Yr Old Boys)

6	216 Bermel, Evan	Valley	6.96m
7	264 Rucker, Naszir	Mississippi	6.17m
8	229 Haney, Nolan	Unattached	5.54m
9	262 Richardson, Tade	I-Run	4.18m

Event 266 Shot Put 13-14 Yr Old Girls

Nat: 15.88m Kennedy Blahnik / Susie Ray			
Assn: 13.03m 2010 Kate Birchmier			
Pos	Name	Team	Seed Mark
1	327 Morton, Charlee	Unattached	12.25m
2	329 Petersen, Tessa	Unattached	8.28m
3	283 Anbukumar, Satvika	Unattached	7.75m
4	291 Bumgardner, Sophie	Waukee Track	6.57m
5	332 Proesch, Sophia	Ankeny Track	5.87m
6	287 Brown, Isabella	Mississippi	ND
7	328 Myers, Aurora	Mississippi	ND
8	305 Harvey, Hadley	Central Iowa	ND
9	312 Jackson, Kaelen	Unattached	ND

Event 267 Shot Put 13-14 Yr Old Boys

Nat: 18.80m 8/1/2016 Trey Knight			
Assn: 15.28m 2013 Matthew Webner			
Pos	Name	Team	Seed Mark
1	383 McInerney, Carson	Tri-State Tr	13.99m
2	360 Braunschweig-Norris,	Ankeny Track	9.78m
3	375 Johnson, Keilon	QC Heat Trac	8.56m
4	401 Vorm, Griffin	Unattached	8.50m
5	368 Hagan, Brady	Central Iowa	7.90m
6	365 Gibson, Gabriel	I-Run	7.70m
7	397 Spargo, Thomas	I-Run	7.54m
8	373 Jean-Simon, Marcus	QC Heat Trac	6.12m
9	357 Bahns, Shane	Mississippi	ND
10	387 Minear, Jaxson	Central Iowa	ND

Event 268 Shot Put 15-16 Yr Old Girls

Nat: 15.20m 7/21/2001 Michelle Carter			
Assn: 11.87m 2013 Kate Birchmier			
Pos	Name	Team	Seed Mark
1	433 Lachacz, Kileigh	Dcg Track Cl	11.73m
2	417 Felton, Abbie	Unattached	9.87m
3	442 Ragins, Gabriella	Mississippi	8.37m
4	440 Phinney, Dailynn	I-Run	7.53m
5	436 Myers, Eden	Mississippi	ND
6	418 Fischer, Madelaine	Unattached	ND
7	421 Gonzalez, Kaiya	Central Iowa	ND

Event 269 Shot Put 15-16 Yr Old Boys

Nat: 19.29m 7/28/1996 Chris Sprague			
Assn: 15.56m 2001 Darryl Hunter			
Pos	Name	Team	Seed Mark
1	478 Kimpston, Noah	Waukee Track	11.18m
2	463 Allen, Mason	Unattached	10.06m

3	486 Riesberg, Nathan	Waukee Track	9.60m
4	490 Thompson, Davis	Mississippi	8.86m
5	491 Vaughn Myers, Kirste	Mississippi	ND
6	469 Brown, Russell	Mississippi	ND

Event 270 Shot Put 17-18 Yr Old Women

Nat: 16.41m Christina Hillman/ Nickolette Du			
Assn: 13.09m 1987 Laura Kreiner			
Pos	Name	Team	Seed Mark
1	516 Jones, Julianna	Mississippi	ND
2	500 Ball, Emily	Waukee Track	ND

Event 271 Shot Put 17-18 Yr Old Men

Nat: 29.41m 7/24/1987 Dwight Johnson			
Assn: 17.64m 2017 Nicholas Phelps			
Pos	Name	Team	Seed Mark
1	560 Wiedman, Noel	Turbo Track	6.90m
2	559 Whalen, Walker	I-Run	ND
3	558 Waller, Jacob	Bellevue Ste	ND